

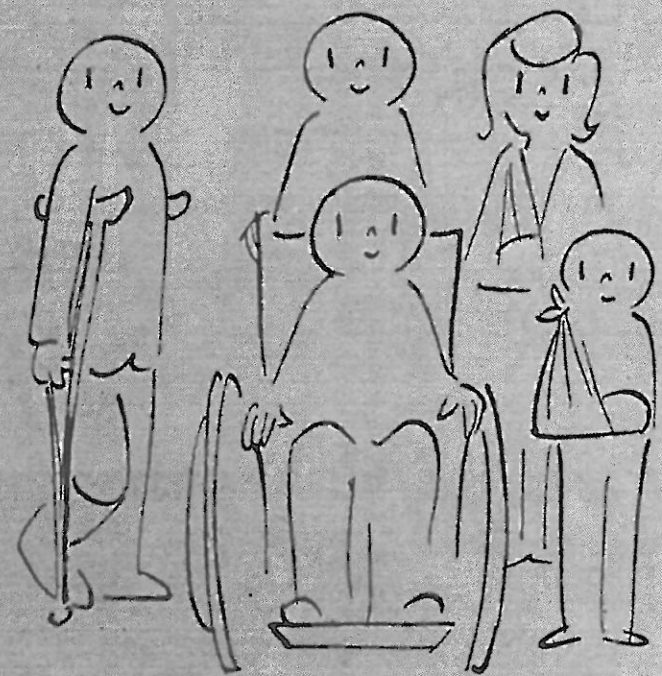
LAFAYETTE HOME HOSPITAL, INC.

Physical Therapy Department

Director, L.A. Tracer, R.P.T.,

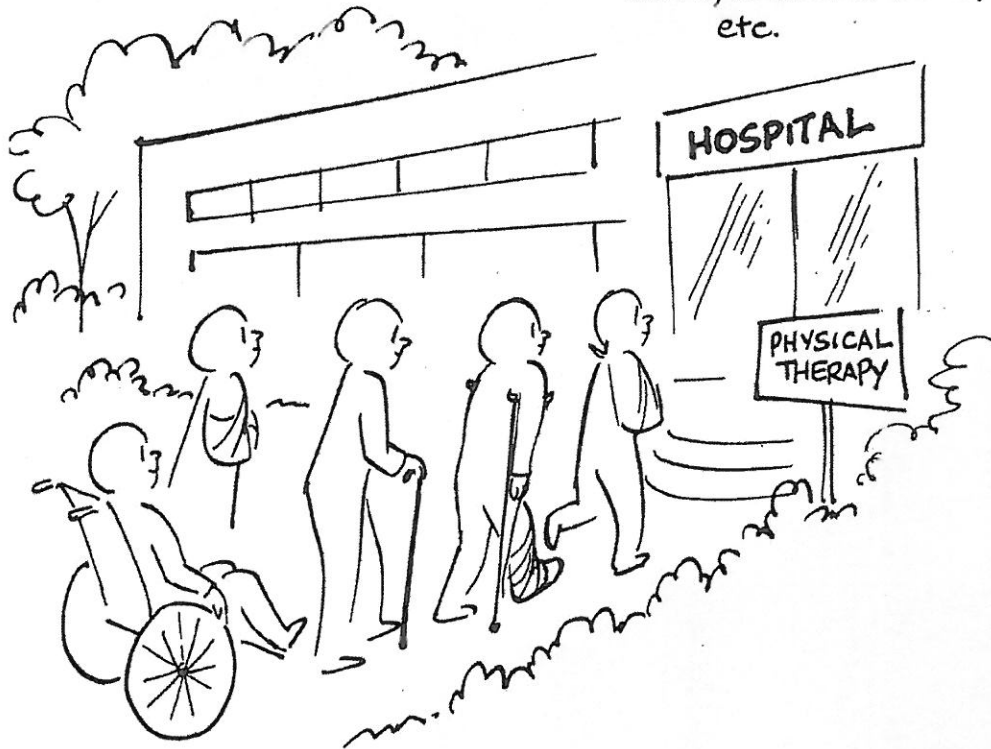
LITHO IN U.S.A.

The A-B-C's of
**PHYSICAL
THERAPY**



What is
"PHYSICAL
THERAPY"?

Physical Therapy
is the treatment of
illness and injury by
PHYSICAL MEANS--
such as the use of
light, heat, water, exercise,
sound, electronic waves,
etc.



Why is it
IMPORTANT
?

because...the fact is

that **3** out of **4** people over age 25
will be disabled for at least 3 months sometime
before they retire and will probably need some
form of

PHYSICAL THERAPY



What it does--

PHYSICAL THERAPY can help to--

- IMPROVE CIRCULATION • STRENGTHEN MUSCLES
- RESTORE MOTION • CORRECT DEFORMITIES
- RELIEVE PAIN • SPEED RECOVERY

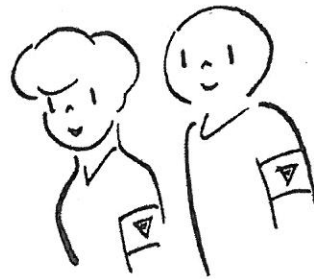
thus-- RESTORE PHYSICAL and
ECONOMIC INDEPENDENCE

The QUALIFIED PHYSICAL THERAPIST

must be registered by the state
in which he practices

and

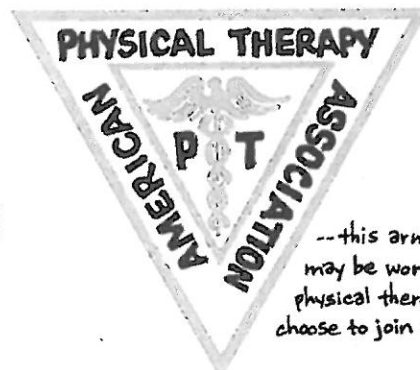
LICENSURE may be based on



- ① COLLEGE PREPARATION
- ② PRACTICAL EXPERIENCE
- ③ SATISFACTORY COMPLETION of
QUALIFYING EXAMINATIONS

Schools of Physical Therapy are
accredited by the American Physical
Therapy Association and the
American Medical Association.

The American Physical
Therapy Association is
a voluntary professional
organization of qualified
physical therapists.



--this arm patch
may be worn by qualified
physical therapists who
choose to join the APTA.



The physical therapist carries out the
orders of a doctor...

His services include...

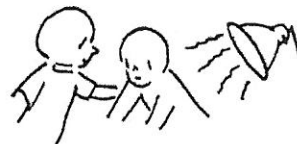
- ① **TESTING** patients to discover
their abilities, limitations
and potential for
rehabilitation.



- ② **TRAINING** patients and their families
in the use and care of equip-
ment (wheel chairs, crutches,
artificial limbs, braces, home
exercise programs, etc.)



- ③ **TREATING** patients by the use of
physical agents to help
overcome pain and
disability.



The **GOAL** of physical therapy is to help the patient function normally via

REHABILITATION--

by helping him to--

1

MAINTAIN STRENGTH



Muscles often lose strength after illness or injury and must be reconditioned in order to perform as normal.

2

REGAIN MOTION



Unaffected muscles and joints can be trained to "take over" for damaged tissue. Muscles that have lost their normal nerve supply may be retrained.

3

ACHIEVE INDEPENDENCE

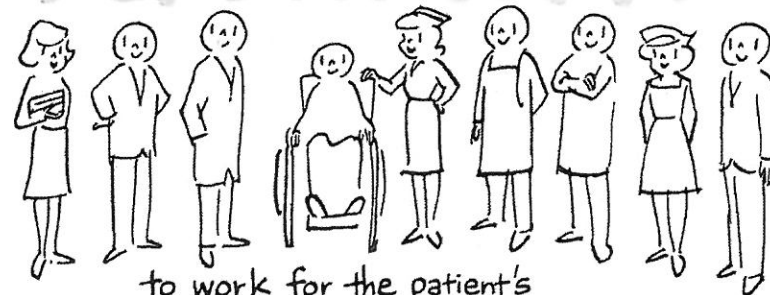


All treatment is aimed at helping the patient return to his home, earn a living and resume normal responsibilities, as much as he is able.

Rehabilitation requires the effort of many people, because it means social and emotional adjustments as well as physical ones.

The physical therapist works with these people on the--

"HEALTH TEAM"



to work for the patient's fullest recovery in the shortest possible time.

DOCTORS



who plan and direct the patient's treatment.

NURSES



who see to the patient's daily needs.

PROSTHETISTS



who make and fit artificial limbs.

ORTHOTISTS



who make and fit braces.

OCCUPATIONAL THERAPISTS



who help retrain disabled parts.

VOCATIONAL COUNSELORS



who help find work the patient can do.

PSYCHIATRISTS



who help the patient solve the emotional problems that disabling illness or injury may cause.

SOCIAL WORKERS



who assist patients and their families to readjust to each other.

and **SPEECH THERAPISTS** who help patient regain speech.

What does a PHYSICAL THERAPIST DO?

A physical therapist may spend time in consultation, research, teaching, administration

--but generally, a physical therapist's job is the supervision and direction of care of patients assigned to him.

1 EVALUATE



patients referred by a physician.

2 DEVELOP



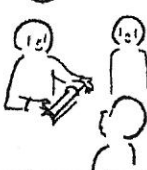
treatment program including short and long-term goals.

3 DELEGATE



portions of treatment program to supportive personnel.

4 INSTRUCT



assistants and supervise their performance.

5 REEVALUATE



patients as treatment program progresses.

6 MAINTAIN



contact with physician--via reports and conferences.

The Physical Therapist's TREATMENT PROGRAM may include--

1 HYDROTHERAPY

Using water to treat injuries and disease. Water conducts heat and makes motion easier and less painful.

Plain old H₂O



WET HEAT

helps relieve pain and improve circulation. It also aids relaxation and is useful in treating some mental disturbances.

WET COLD

decreases body temperature, causes blood vessels to close and reduces blood flow. It helps prevent swelling and pain from bruises, sprains and strains.

a. WHIRLPOOL BATH



Small metal containers of rapidly moving water used for treatment of arms, legs, hands and feet.

b. CONTRAST BATH



To apply hot and cold water alternately to the same part of the body. This stimulates circulation.

c. ICE PACKS



Give surface cooling to a fairly small body area. Can be stimulant or depressant depending on length of use.

d. HOT PACKS



Give heat to limited area.

e. HUBBARD BATH



Large tanks of heated moving water -- big enough to float the whole body. Used for heat and gentle exercise of large portions of body.

f. SHOWERING POOL



To allow overall exercise and freedom of movement.

--and the physical therapist's treatment program may include--

2 HEAT and LIGHT

to relieve pain,
increase circulation
and help the
patient relax.



a. CONDUCTIVE HEATING--

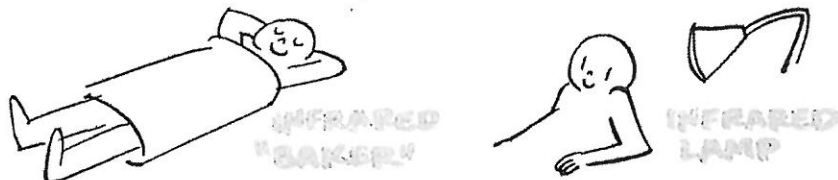
transfer of heat from a warm object to a colder one.



These methods are often used at home. Remember that in many illnesses and injuries, people react more severely to heat than normally and could be burned.

b. INFRARED HEATING--

supplies heat to large areas with no pressure.
Infrared rays are short. Often used before massage
or exercise therapy.



c. DIATHERMY-- deep heat treatment by one of two methods

1 SHORT WAVE



High frequency radio waves
used for chronic joint and
muscle pain. Not as deep as
microwave or ultrasound.

2 MICROWAVE



Electromagnetic radiation
used for heating of a small
area. Useful in conditions
such as arthritis and bursitis.

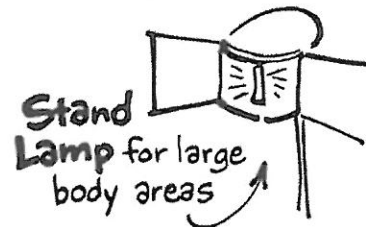
d. ULTRASOUND--



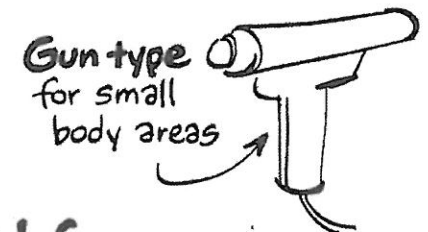
Sound frequencies too high to hear raise in-
ternal temperature without a corresponding in-
crease of skin temperature. Useful in treating
tightness of muscles, joints, bursitis.

e. ULTRAVIOLET LIGHT--

long rays provide light instead of heat



Stand
Lamp for large
body areas



Gun-type
for small
body areas

used for--

SKIN CONDITIONS and INFECTIONS

acne, psoriasis, bedsores and
some wounds. The rays cause
erythema- changes in skin
pigment such as takes place in
suntanning.

VITAMIN "D" DEFICIENCY

The vitamin which babies
need for healthy bone
growth and to prevent rickets.

The most common treatment is

3 EXERCISE THERAPY



Based on neurophysiological principles, is used to improve muscle strength, correct limitations of motion, and maintain good health.

a. PASSIVE EXERCISE The therapist or the use of equipment exercises a part of the patient's body without patient's help. It is used when muscles are very weak or paralyzed. Prevents stiffening of muscles and joints from lack of use.



b. ASSISTIVE EXERCISE The patient is helped to perform motions which he is unable to do by himself. To help rebuild strength, the amount of assistance is gradually reduced.



c. ACTIVE EXERCISE (also called free exercise) The patient performs by himself while the therapist supervises to make sure the activity is being done correctly and is not too tiring. This type of exercise builds strength and aids general body conditioning.



d. RESISTIVE EXERCISE To carry out the activity the patient has to overcome some type of resistance -- for example, gravity or added weight. Used to build strength and endurance when recovery is nearly complete.



also -- two other important muscle-training methods...

STRETCHING--



gentle forcing of motion in a relaxed part of the body by the physical therapist. This stretches stiff joints and muscles to help increase the patient's range of motion.

RELAXATION--



learning how to relax specific parts of the body through conscious effort. Relaxation training helps save strength and prevent fatigue. It often includes breathing exercises.

TRACTION--



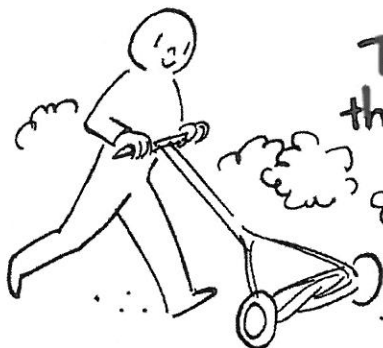
using weight or tension to stretch joints and muscles to reduce pain and increase motion in lower back conditions and whip lash injuries of the neck.



Therapeutic exercise is helpful in treating loss of movement, rebuilding power, endurance, coordination, range of motion, speed and achieving functional independence.

All of the physical therapist's treatment is aimed at restoring physical efficiency via

FUNCTIONAL TRAINING

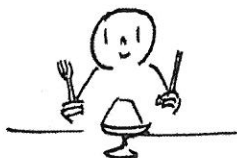


To restore the ability to do things easily, enjoyably and without tiring.

FUNCTIONAL TRAINING is particularly important in helping permanently disabled people to greater independence in the activities of daily living--

1

SELF-CARE



Including personal cleanliness, hair care, dressing, eating, etc.

plus

care and use of equipment needed for daily living.

2

AMBULATION or "getting around"



Including learning to use wheelchairs, braces, crutches, canes, etc; how to walk, climb stairs; how to use public transportation, driver re-training.

3

HAND ACTIVITIES

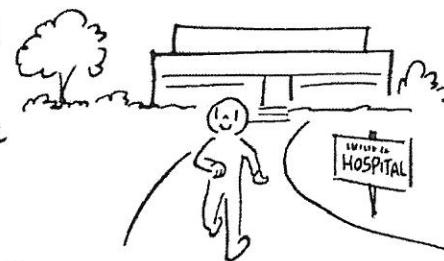


Including communication by buzzer, signal, telephone, typing, writing; opening and closing doors and drawers; using keys; operating faucets, etc.

5000-- in many illnesses and injuries

PHYSICAL THERAPY can help--

- shorten stay in hospital
- relieve pain
- improve the long-range outlook for activity



PT helps people of all ages

HANDICAPPED CHILDREN



learn to lead full, useful, happy lives despite cerebral palsy, muscular dystrophy and other ailments that impair motion.

YOUNG ADULTS



the accident-prone group, are helped back to the fullest possible mobility and productivity --

FASTER!

MIDDLE-AGED



can recover from strokes, heart attacks, etc. to enjoy many active years.

OLD-AGED



can be freed from some of the pain of chronic ailments such as arthritis and rheumatism.

As drugs and surgery make it possible for people to live longer, physical therapy becomes more important in making lives

MORE ACTIVE and MORE ENJOYABLE.