

復健團隊，復健設施

陳適卿

Shih-Ching Chen MD, PhD

復健團隊(Rehabilitation Team)

- 復健醫師 (M.D. Psychiatrist)
- 物理治療師 (PT Physical Therapist)
- 職能治療師 (OT Occupational Therapist)
- 語言治療師 (ST Speech Therapist)
- 義肢裝具師 (Prosthetist & Orthotist)
- 復健心理師 (Rehabilitation Psychologist)
- 復健護理師 (Rehabilitation Nurse)
- 社工人員 (Social Worker)
- 職業諮詢人員 (Vocational Consultant)
- 藝術治療師 (Art Therapist)

Physical Therapy(PT)

- Using physical agents such as light, heat, water, electricity and mechanical agents in the management of diseases

職能(作業)治療

利用各種活動來測檢病人,以協助診斷和訓練病人,使之達到機能之自立,以適應家庭和社會,從心理和生理兩方面輔導病人,使他們能過更積極之自立自足之生活,稱為職能治療,由職能治療師(Occupational therapist)來執行治療工作。

語言治療

包括各類中樞性或末梢性神經障礙引起的語言困難及發音器官失常引起的語言障礙

語言機能失常的檢查與治療包括講寫聽念

義肢裝具製造

義肢, 支架, 拐杖, 輪
椅以及其它各類輔
助器具

Fields in PM&R

Physical Medicine And Rehabilitation

- Orthopedic Rehabilitation
- Rheumatological Rehabilitation
- Neurological Rehabilitation
- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Pediatric Rehabilitation
- Geriatric Rehabilitation
- Orthosis and Prostheses
- Physical Agents

Physical Therapy(PT)

- Using physical agents such as light, heat, water, electricity and mechanical agents in the management of diseases

Physical Therapy(PT)

- **1. Light:** Infrared, LASER

- **2. Heat:**

superficial

- * hot pack(hydrocollator)

- *electric heating pad

- *paraffin

- *infrared

- *hot air bath

- *moist air bath

- *hot water (bath)

- *cold

deep(diathermy)

- *SWD

short wave

- *MWD

microwave

- *USD

ultrasound

Physical Therapy(PT)

- **3. Water (Hydrotherapy)**

- *Whirlpool

- *Hubbard tank

- *Pool

- **4. Electrotherapy:**

- *Electrical Stimulation

- *TENS(transcutaneous electrical nerve stimulation)

- *Intrference Current Therapy

- *EMG Biofeedback

Physical Therapy (PT)

- **5. Mechanical Agents**
 - *Traction
 - *Massage
 - *Therapeutic Exercise
 - *Manipulation

Physical Reactions of Heat Therapy

- Analgesic
- Sedation
- Antispasm
- Increase Circulation
- Vasodilatation
- Increase Metabolism

Contraindications of Heat Therapy

- Fever
- Local Circulation Deficiency
- Local Anesthesia
- Tumor
- Acute Inflammation
- Edema
- Infant and Emaciated Old Patients

Physical Reactions of Cold Therapy

- Analgesia
- Anti-inflammation
- Antispasm
- Vasospasm and Stop Bleeding
- Reduce Swelling
- Decrease NCV
- Increase Body Fluid Viscosity
- Prolong contraction period, relaxation period and refractory period of muscle

Complications of Cold Therapy

- Delay wound healing
- Frostbite
- Cold Hypersensitivity
- Hemolysis
- Proteinuria

Effects of Hydrotherapy

- Heat or Cold Effect
- Massage
- Softening the soft tissue
- Assisting therapeutic exercise

Contraindications of Hydrotherapy

- infectious diseases
- incontinence of urine or stool
- open wound with infection
- general deconditioning with impaired cardiopulmonary function

Effects of Massage

- Analgesia
- Sedation
- Increase Circulation
- Decrease Edema
- Dehesion

Contraindications of Massage

- Acute inflammation
- Infectious skin diseases
- Neoplasm

Effects of Therapeutic Exercise

- maintain or increase the ROM's of joints
- increase strength and endurance of muscle
- increase the speed
- improve coordination and balance
- improve muscle relaxation
- improve physical fitness
- improve general function

Contraindications of Therapeutic Exercise

- Acute Arthritis
- Acute strain or sprain
- Non-healing of Bony Fracture
- Unstable stage of acute illness

ES of the denervated muscle

- to retard the progression of muscular atrophy
- to diminish intrafascicular and interfascicular agglutination
- to improve the circulation

ES of the Innervated muscle

- to reduce spasticity in spastic paralytic muscle
- to prevent muscular atrophy
- to stimulate the paralysed muscle such as abdominal wall and diaphragm as an aid to respiration and etc. (FES)