Contents

Chapter 1: Introduction to Rehabilitation Medicine 1

- *Introduction: Rehabilitation Medicine and Physiatry 1*
- *Definition: Rehabilitation Medicine 2*
- *Fibromyalgia 8*
- *Definition: Rehabilitation 10*
- *Rehabilitation Team Members 13*

Chapter 2: Community-based Rehabilitation 17

- *Introduction to CBR 17*
- *Definition: Community-based Rehabilitation 17*
- *Criteria of the CBR Program 26*
- *Components of CBR Program 27*
- *Basic Concept of CBR 28*
- *Multisectoral Approach to CBR 29*
- *Rationale for a Multisectoral Approach 31*
- *Problems in Achieving a Multisectoral Approach to Rehabilitation 31*
- *Sectors and Roles for the Development and Implementation of Community-based Rehabilitation 31*
- *Aspect of CBR Program 34*
- *Models of CBR 35*
- *CBR Team 35*
- *Opinion Makers 35*
- *Difference between Institution-based and Community-based Rehabilitation 36*
- *The Value of Physiotherapy and Occupational Therapy in Community-based Rehabilitation 36*

Chapter 3: Community-based Rehabilitation and Empowerment 42

- *Community-based Rehabilitation and Empowerment 42*
- *Program of Action Concerning Disabled Persons 43*
- *National Year of Disabled Persons 43*
- *Rules on the Equalization of Opportunities for Persons with Disabilities 44*
- *Aims of the Standard Rules 44*
- *Objectives of the Standard Rules 44*
- *Political and Moral Foundation 45*

Chapter 4: Community-based Rehabilitation and Types of Evaluation 46
- *Evaluation of Community-based Rehabilitation (CBR) 46*
- *Why evaluate a CBR Program? 47*
- *How to Evaluate a CBR Program? 48*
- *When should the Evaluation be Done? 48*
- *What Kind of Information should be Kept? 49*

Chapter 5: Community Awareness and Communication 54
- *Objective of the Community Awareness 54*
- *Approaches to Community Awareness 55*
- *Content of Community Awareness 55*
- *Principle of Community Awareness 55*
- *Communication 57*
- *Types of Communication 58*
- *Barriers of Communication 60*
- *Community Demand on Physiotherapy Services 60*
- *Physiotherapy Helps 61*

Chapter 6: Self-help Group and Various Aspects 62
- *Objectives of Self-help Groups 63*
- *Principles of Self-help Group 64*
- *Characteristic of Self-Help Group 64*
- *Key Features of the Self-help Group 65*
- *Genesis of Self-help Groups 70*

Chapter 7: Present Rehabilitation Services in India 72
- *District Rehabilitation Center (DRC) Project Started in 1985 73*
- *Service Delivery System for Community-based Rehabilitation 74*
- *Barriers to Accessibility for People with Disability 75*
- *Type of Barriers 75*

Chapter 8: Needs of People with Disability 77
- *Types of Needs 78*
- *Disabled Women 80*
- *Special Issues Concerning Disabled Women 81*
- *Aging and Disability 82*

Chapter 9: Community and Social Work Principles 83
- *Community 83*
- *Society-community 83*
- *Community Pride (Sentiment) 84*
- *Community Types 85*
- *Social Work Principles to Work with Disabled Persons 86*

Chapter 10: Rural Rehabilitation and Extension Services 95
- *Extended Care Facilities 96*
- *Intermediate Care Facility (ICF) 96*
- *Tools of Mesurements 97*
- *Extension Services and Mobile Unit 97*

Chapter 11: Geriatrics and Geriatric Rehabilitation 100
- *Aging 100*
- *Osteoporosis 101*

Chapter 12: Vocational Evaluation and Assessment Methods 114
- *Vocational Evaluation 114*
- *Goals of Vocational Evaluation 115*
- *Evaluation Methods 115*
- *Common Errors Made During Evaluation 116*
- *Types of Tests Used in Vocational Evaluation 116*
- *Tests Used in Vocational Evaluation 118*

Chapter 13: Vocational Rehabilitation 130
- *Basic Steps to Vocational Rehabilitation 131*

Chapter 14: Legislations for Rehabilitation Services and PWD Act 138
- *Disability 138*
- *Disability Act 142*
- *Purpose of the Act 142*

Chapter 15: Facilities Available to the Persons with Disabilities in India 151
- *Travel Concessions for the Disabled 151*
- *Communication 154*
- *Customs Concessions 156*
- *Conveyance Allowance 159*
- *Children's Educational Allowance 160*
- *Scheme of Integrated Education for the Disabled Children 160*
- *Income Tax Concessions 161*
- *Award of Dealerships/Agencies by Oil Companies 162*
- *Reservation of Jobs and Other Facilities for the Disabled Persons 163*
- *Sponsorship Power to National Institutions 166*
- *Economic Assistance 166*
- *Details of Bus Concession Available in Different States of India 169*

Chapter 16: Disability Survey and Disability Evaluation 173

- *Disability Survey 173*
- *Definition 173*
- *Need of Disability Survey 174*
- *Guiding Principles 175*
- *Uses of Disability Survey's Data 175*
- *Disability Survey Development Process 176*
- *Disability Evaluation 176*
- *Format Standard of the Certificate (for OH/VH/SP and HG) 182*
- *Certificate for the Persons with Disabilities 183*
- *Locomotor Disability 183*
- *Guidelines for Evaluation of Permanent Physical Impairment (PPI) 185*
- *Guidelines for Evaluation of PPI (Disability) in Lower Limb 189*
- *Guidelines for Evaluation of Permanent Physical Impairment of Trunk (Spine) 192*
- *Guidelines for Evaluation of Disability (PPI) in Neurological Conditions May/May Not be Associated with Spine 197*
- *Guidelines for Evaluation of PPI in cases of Short Stature/ Dwarfism 199*
- *Guidelines for Evaluation of PPI in Amputees 201*
- *Evaluation of PPI of Congenital Deficiencies of the Limbs 203*
- *Guidelines for Evaluation of Physical Impairment due to Cardiopulmonary Diseases 205*
- *Guidelines for Assessment of Visual Disability 206*
- *Mental Retardation 207*
- *Total Score 210*
- *Global Disability 210*
- *Manual for "Ideas" 210*
- *Ideas Scoring Sheet 214*
- *Standard Format of the Certificate of Mental Retardation for Government Benefits (Name and Address of the Institute/Hospital Issuing the Certificate) 214*
- *Categorization of Mental Retardation 215*
- *Speech and Hearing Disability 215*

Chapter 17: National District Level Rehabilitation Program 217

- *Objectives of the Program 217*
- *Activity Frame Work 218*
- *Framework for Service Delivery 218*

Chapter 18: Screening and Prevention of Disability 225

- *Definition 225*
- *Screening Test 225*
- *Uses of Screening 226*
- *Types of Screening 226*
- *Evaluation of Screening Program 227*
- *Prevention of Disabilities 229*
- *Approaches for the Primordial Prevention 233*

Chapter 19: Assessment of Different Types of Disabilities 234

- *Types of Disabilities 234*
- *Definitions 234*
- *Identification and Assessment of the Disabilities 237*
- *At Home 237*
- *Outside 239*
- *Assesment of Impairment 245*
- *Hearing Impairment Categories 245*
- *Visual Impairment Categories 246*
- *If the Child is Blind or has a Low Vision, Contact 247*
- *Degree of Mental Retardation 247*
- *Learning Disabilities what to Look for: Some First Signs of Trouble Keeping up with the Flow of Expectations 248*
- *Categories of Locomotor Disabilities 250*
- *Education Programs for Children with Special Needs 250*
- *Special Features of NOS 253*
- *Teaching Strategies for Children with Learning Disabilities 254*
- *Strategies for Reading Skills 254*
- *Strategies for Writing Skills 255*
- *Strategies for Mathematics 256*
- *Strategies for Attention Deficit and Hyperactive Disorder 258*
- *General Interventions 258*
- *Role of the Parents 259*

Chapter 20: Developmental Disorders 260

- *Introduction 260*
- *Developmental Milestones 260*
- *Developmental Monitoring and Screening 261*
- *Importance of Developmental Screening 262*
- *Early Intervention Services 262*
- *Important Milestones: Your Baby at Two Months 262*
- *Important Milestones: Your Baby at Four Months 264*
- *Important Milestones: Your Baby at Six Months 265*
- *Important Milestones: Your Child at One Year 267*

- *Important Milestones: Your Child at Eighteen Months 269*
- *Important Milestones: Your Child at Three Years 270*
- *Important Milestones: Your Child at Four Years 273*
- *Under Five Clinics 274*
- *Aims 275*

Chapter 21: Important Definitions in Community-based Rehabilitation 277

- *Capacity 277*
- *Catalyst 277*
- *Celebration 278*
- *Charity 278*
- *City 278*
- *Civic Engagement 278*
- *Common Values 279*
- *Communal Facilities and Services 279*
- *Communication 280*
- *Community 280*
- *Community-based 281*
- *Community-based Organization 281*
- *Community-based Rehabilitation 281*
- *Community Contribution 282*
- *Community Development 282*
- *Community Empowerment 283*
- *Community Implementation Committee 283*
- *Community Management Training 283*
- *Community Participation 284*
- *Conceptual-belief Dimension of Community 284*
- *Confidence 285*
- *Constraint 285*
- *Consult 285*
- *Context (Political and Administrative Environment) 286*
- *Contribution 286*
- *Corruption 286*
- *Courage 286*
- *Criticism 287*
- *Cross Talk 287*
- *Culture 287*
- *Curriculum 288*

Chapter 22: Prosthesis and Orthosis 289

- *Prosthesis 289*
- *General Principles 289*
- *Type of Prosthesis 290*
- *Part of the Prosthesis 290*

- *Classification of Prosthesis 292*
- *Ambulatory Aids 295*
- *Measurement of Pop Cast Techniques 320*
- *Splint Application 322*
- *Carrying for a Cast and Splint 323*

Chapter 23: Professional Ethics of the Physiotherapy 324

- *General Responsibilities 324*
- *In their Professional Preparation and Development, Members Shall 326*
- *In Relationship with Students, Scholars, and Other Members Shall 326*
- *In Professional Relationships, Members Shall 327*
- *In Administering Programs, Members Shall 327*
- *In Making Public Statements, Members Shall 328*
- *Guidelines of the World Confederation for Physical Therapy 328*

Chapter 24: Functional Assessment Scale and Measures 334

- *Descriptions/Examples of Functional Needs 336*
- *Functional Independent Measures 344*
- *Fim and Fam 345*
- *UK FIM + FAM 345*
- *UK FIM + FAM Scale 345*
- *Falls Risk Assessment Tools 347*
- *Gross Motor Function 349*
- *Pediatric Evaluation of Disability Inventory (PEDI) 353*

Chapter 25: Home Exercise Program for Various Physiotherapy Conditions 359

- *Home Exercise Program for Cardiac Rehabilitation 359*
- *Home Exercise Program for Management of Cervical Spondylosis 361*
- *Home Exercise Program for Rotator Cuff Injury 362*
- *Home Exercise Program for Osteoarthritis 366*
- *Home Exercises for Treating Frozen Shoulder Syndrome 367*
- *The Role of Physical Therapy for Herniated Disk 370*
- *Exercise Program for Rheumatid Arthritis 373*
- *Home-Based Arm Loading Exercises for Osteoporosis 378*
- *Physiotherapy Management During Rehabilitation of Spinal Cord Injury 379*
- *Bed Mobility for Paraplegics 380*
- *Transfers 382*
- *Dependent Transfers 383*
- *Transfer to Car and Back to Wheelchair 384*
- *Transfer from Wheelchair to Floor 384*

- *Floor to Wheelchair 384*
- *Wheelchair Mobility 385*
- *Gait Training 387*
- *Circuit 392*
- *Circuit 394*
- *Resistance Exercises 395*

Chapter 26: International Health Organizations 401

- *World Health Organization 401*
- *Pan American Health Organization 402*
- *United National Children's Fund 402*
- *United Nations Development Program 403*
- *Bilateral Agencies 403*
- *Rockefeller Foundation 409*
- *Red Cross Society 410*

Chapter 27: Industrial Health and Ergonomics 411

- *Ergonomics 412*
- *Occupational Hazards 412*
- *Preventive Measures 415*

Chapter 28: Common Pediatric Diseases and Disorders 417

- *Mental Retardation 421*

Index 431