

Rehabilitation

Rehabilitation through physiotherapy and occupational therapy

The physiotherapist and occupational therapist help patients achieve three things:

- Adapt to their condition.
- Maximise physical function.
- Become as independent as possible.

How can physiotherapy and occupational therapy help?

- Through individual exercise programmes and appropriate walking aids and equipment, it is possible to strengthen weak muscles, ease joint stiffness and increase patient's mobility, balance and independence.
- Instruction on breathing control techniques, positioning, and how to pace activities can all help to reduce and manage breathlessness.
- Patients and carers can benefit from learning the easiest and safest ways to perform everyday tasks such as transferring from bed to chair, climbing stairs and getting in and out of a car.
- Physiotherapy can help with pain relief using heat, gentle exercises, advice on positioning, acupuncture and Transcutaneous electrical nerve stimulation (TENS).
- Occupational therapy can help increase a patient's independence by improving their ability to cope with everyday tasks such as washing, dressing, eating and domestic activities and this is often possible through retraining and the use of specialist equipment.
- Patients who suffer from breathlessness and fatigue can benefit from advice on ways to conserve energy and to achieve the correct balance between activity and rest. Gentle exercise is particularly beneficial for patients suffering from fatigue.
- Relaxation therapy can help with managing and reducing stress.
- Reminiscence therapy can provide patients



with the opportunity to share their memories and explore ways in which their life stories can be made into a more permanent record.

■ Similarly, creative and therapeutic activities adapted to patients' abilities and interests can be very beneficial.

Programmes to manage breathlessness and fatigue

Programmes are run jointly by the physiotherapist and occupational therapist. These short programmes help patients to control breathlessness and fatigue.

A relaxation CD compiled by the Rehabilitation Team is available for purchase from Hospice.

How to contact Hospice Isle of Man and Rebecca House

By Post: Hospice Isle of Man/Rebecca House
Strang
Douglas
Isle of Man
IM4 4RP

Telephone: 01624 647400

Email: **General Enquiries:**
admin@hospice.org.im
Fundraising:
fundraising@hospice.org.im

Website: www.hospice.org.im

Hospice Isle of Man is the operating name of the Isle of Man charity Hospice Care, registered number 317.

Pictures by Capture an Image - www.captureanimage.com