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Role of Physiotherapy in the Management of Pott's disease at Kundiawa General Hospital, Simbu Province Papua New Guinea

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Pott's disease also known as spinal Tuberculosis (TB) which commonly leads to a gradual onset of neurological deficits. Tuberculosis is on rise in the developing countries as in Papua New Guinea. Kundiawa General Hospital is one of the hospitals in the country which is currently managing Pott's disease with specific Physiotherapy methods and techniques over the last 20 years. Retrospective analysis of 253 patients documented 158, from medical admission records, years 1996 to 2018. Physiotherapy interventions were based on: Clinical examination, spine x-ray, neuromuscular skeletal assessment (Frenkel Grading). Total of 253 of Pott's diseases patients, 158 were documented, out of that figure 63 patients with neurological deficits and paravertebral abscess underwent surgery, Physiotherapy and anti-tuberculosis treatment and have benefited well. The other 95 patients without neurological deficits were on pure physiotherapy and anti-tuberculosis and also benefited. Thorough physiotherapy neuromuscular skeletal assessment contributes to the successful management of the spine and limbs using treatment methods of back care, log rolling techniques, back extension, stimulations exercises and power exercises program of the back and limbs. Patients with gibbous underwent distraction of bilateral uppers and lower limbs by distracting the spine. Majority of patients benefited well with early physiotherapy interventions and discharged home with POP corsets. Most 154 (94.2%) of them have walked and lived a normal live at home after full physiotherapy rehabilitation program with the awareness and continuity of Community based on rehabilitation program. It has been a successful multi-disciplinary approach of surgical, medical, physiotherapy, nursing and family was involved.

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