

An Overview of Neurological Rehabilitation

Sarah William*

Department of Rehabilitation Medicine, College of Medicine, Yeungnam University, Daegu, Republic of Korea

Description

What is Neurological Rehabilitation?

Neurological rehabilitation (rehab) is a doctor-supervised treatment for patients with nerve system diseases, injuries, or problems. Neurological rehabilitation can help patients regain function, lessen symptoms, and enhance their overall health.

Patients with nervous system or neurological illnesses may benefit from neurological rehabilitation. The goal of rehabilitation is to improve a patient's function, decrease debilitating symptoms, and improve their quality of life. The forms of rehabilitation treatments that are prescribed are determined by the bodily parts that are impacted by the neurological illness [1].

Symptoms of Neurological Rehabilitation

Any patient with a neurological ailment who receives a prescription or order from a doctor may be referred for rehabilitation.

The following symptoms may indicate the need for neurological rehabilitation [2]:

- Muscle twitching and altered muscle tone are two symptoms of muscle weakness.
- Pain Difficulty walking Difficulty with everyday tasks such as eating, dressing, washing, and toileting Difficulty swallowing Difficulty speaking
- Impairments in thinking, memory, and problem solving Impairments in vision or eye-hand coordination Impairments in thinking, memory, and problem solving

Diagnosis of Neurological Rehabilitation

Patients with the following diagnoses, but not limited to, may benefit from neurological rehabilitation:

- Amyotrophic Lateral Sclerosis is a kind of Amyotrophic Lateral Sclerosis (ALS)
- Aneurysm
- Injuries to the brain
- Tumor of the brain
- Charcot Marie Tooth disease is a type of cancer that affects the mouth (CMT)
- Hemorrhage in the brain

***Address for Correspondence:** Sarah William, Department of Rehabilitation Medicine, College of Medicine, Yeungnam University, Daegu, Republic of Korea, E-mail: William_s@gmail.com

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- Congenital Neurological Disorders (CNDs) are a type of congenital neurological
- Diabetic Neuropathy is a type of neuropathy caused by diabetes
- Dystonia
- Encephalitis\Epilepsy
- Disc Herniation
- Meningitis
- Memory Problems
- Disorders of Movement
- Multiple Sclerosis (MS) is a disease that affects
- Muscular Dystrophy is a type of muscular dystrophy
- Neurofibromatosis
- Disorders of the neuromuscular system
- Parkinson's disease is a neurological disorder that affects people
- Stroke
- Injury to the spinal cord

Treatment of Neurological Rehabilitation

While a patient's primary care medical team will still be present, the rehabilitation team will give extra treatments and therapies. The rehabilitation team is made up of highly trained specialists that are dedicated to meeting the individual needs of each patient. Following an evaluation, the best suited treatment plan for each patient is devised. Some of the following team members may be involved in neurological rehabilitation [3-5]:

- Doctors that specialise in physical medicine and rehabilitation are known as physiatrists.
- Patients see neuropsychologists for cognitive and/or behavioural difficulties resulting from a brain damage, stroke, or other illness. They also work with individuals who require assistance adjusting to changes in their abilities. They might suggest cognitive therapy, relaxation techniques, or other treatments.
- Physical therapists assist and treat patients who are suffering from pain or have lost strength, range of motion, balance, or coordination as a result of a disease or injury. Their mission is to help people regain and retain their capacity to move and do physical duties.
- Patients' ability to perform daily chores such as eating, dressing, toileting, and bathing is assessed by occupational therapists. Their purpose is to assist patients in doing as much as possible on their own. As directed by the physician, occupational therapists can undertake vision evaluations.
- Speech-language pathologists help people with speech and thinking difficulties. These issues are typical in people who have had a stroke, a brain injury, or other nervous system alterations. Patients who have trouble swallowing are also treated by speech-language pathologists.
- Therapeutic recreation specialists assist patients in pursuing or developing new leisure activities. They give assistance and community involvement opportunities that patients can continue after they leave the inpatient rehabilitation programme.

Conflict of Interest

- None.

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