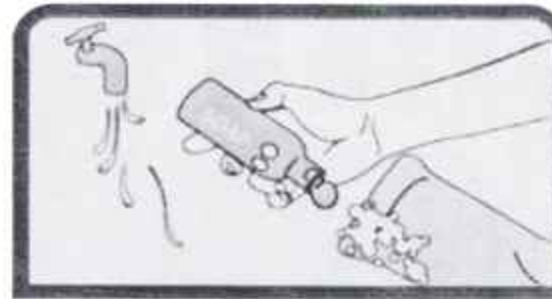


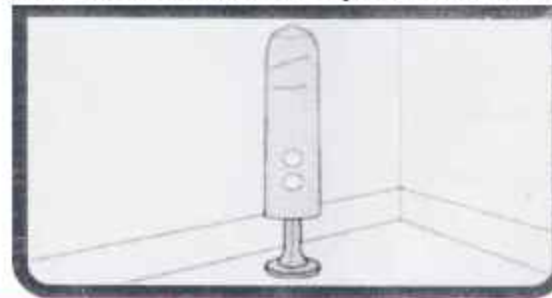


ARTIFICIAL LIMB CENTER

General guidelines for pin lock liners



- ▶ You should wash it on daily basis to avoid infections due to sweat.
- ▶ Never put your liner in a washing machine or clothes dryer, as it may damage or even destroy it.
- ▶ Ensure the soap/detergent you use is non-abrasive, mild and has no fragrance. Thoroughly rinse all the soap residue off the liner with water.
- ▶ Always put your liner on a clean, dry residual limb. Do not apply any type of lotion or powder to your residual limb. Cover open wounds with a gauze patch.
- ▶ Store your liner in a cool, dry place (fabric side out) when the liner is not being worn. If the liner is not to be used for an extended period of time, cover the liner with a clean plastic bag.



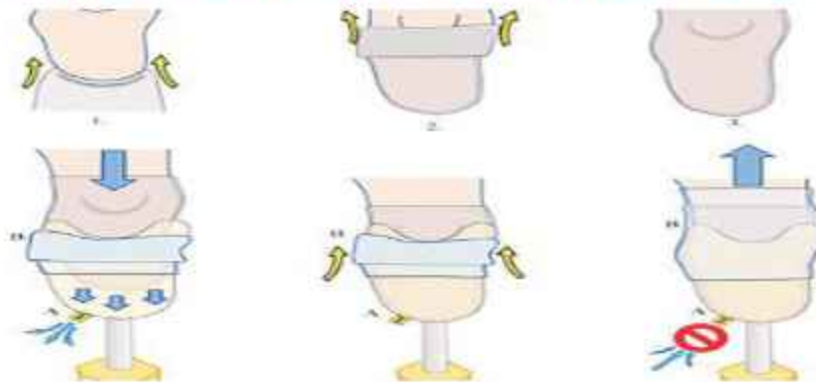


ARTIFICIAL LIMB CENTER

Guidelines for Donning & Doffing of Pain Lock liners

- ▶ Always put your liner on a clean, dry residual limb. Do not apply any type of lotion or powder to your residual limb. Cover open wounds with a gauze patch.
- ▶ Invert the liner so the gel side is facing out. Place the end of the liner against the end of your limb.
- ▶ For Locking liners, center the pin attachment on the bottom of your limb.
- ▶ With the gel side against your skin, slowly roll the liner onto your residual limb.
- ▶ Do not pull the liner onto your limb. This could result in an uncomfortable fit by stretching the skin.
- ▶ Check to make sure there are no wrinkles or air pockets between the liner and your limb.

Now you are ready to put on your prosthesis





Fauji Foundation Hospital Rawalpindi

Services we Offer.....

The latest technology in prosthetic carving with 3D scanning.

Manufacture for all our custom devices on-site with quick turn-around.

Full range of pre-fabricated and customized orthotics system available.

Integration of advanced technologies and equipment to support patients reaching rehabilitation goals, their individual.

We cater for all levels of amputation, utilising a broad range of techniques and technologies to help achieve client comfort and goals.

Lower limb products including microprocessor knees and high energy storing feet

Upper limb prosthetics including bionic myoelectric device.

Body powered prosthetics and purely cosmetic prosthetics.

Repairs and modifications.



ARTIFICIAL LIMB CENTER



*"Because at FFH
we care for your
mobility"*



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Athletic Lower Limb Prosthesis

WHAT IS IT?

In addition to lower limb prosthetics for ambulation, amputees who participate in athletic pursuits can be provided with more specialized prosthetic components. Athletic lower limb terminal devices "Running Blades" are the latest in lower limb prosthetic technology.

WHO IS FOR?

Lower limb amputees who live an active lifestyle and plan to participate in athletic activities can be provided athletic Running Blade prostheses. Members of Army Sports Team as well as members of the Pakistani Paralympic teams participating in various national and international Paralympic competitions are using these Running Blades.



Athletic Prosthesis at FFH

The Artificial Limbs and Appliances Center (ALAC) at FFH, in close coordination with the Army Sports Directorate as well as the Pakistan Paralympic Association has been providing athletic running blades to both below knee (Transfemoral) as well as above knee (Transfemoral) amputees for many years. Amputees fitted with running blades at FFH have gone on the win laurels at national and international sporting competitions.

beBionic Myoelectric Hand

WHAT IS IT?

beBionic myoelectric prosthetic hand is the most precise and advanced prosthetic hand available. It is electrically controlled by signals from the muscles of an amputee's residual limb and is able to perform a variety of upto 16 complex grips and activities.

WHO IS FOR?

The beBionic myoelectric hand can be provided to any trans radial (below-elbow), trans humeral (above elbow) or shoulder disarticulation amputee. With sufficient training, the amputee can learn to operate this hand to achieve the maximum functional benefit.



beBionic Hand at FFH

The Artificial Limbs and Appliances Center (ALAC) at FFH has extensive experience with providing the beBionic myoelectric hand to our upper limb amputee patients. Dozens of patients have been provided this latest prosthetic technology, along with the provision of the required per-prosthetic and post-prosthetic training required to obtain maximum benefit from the beBionic hand. Physicians and technicians at FFH are trained and certified in the fitting, calibration and fine-tuning of the beBionic hand, making FFH a unique institution in Pakistan in this regard.

کمر کی تکلیف میں احتیاطی تدابیر

- 1 شدید درد کی صورت میں کچھ دن آرام کریں۔ بستر نرم اور لچکدار نہ ہو بلکہ سخت بستر استعمال کرنا چاہیے۔ اس مقصد کیلئے لکڑی کا تختہ یا ہارڈ بورڈ، گدے یا میٹرز کے نیچے رکھ لیا جائے۔ یہ ممکن نہ ہو تو زمین پر گدایا میٹرز بچھا کر سونا مناسب ہے۔
- 2 زیادہ درد ہو تو جس پہلو آرام آئے اس پہلو پر سونیں۔
- 3 اگر وزن اٹھانا مقصود ہو تو کمر نہ جھکائیں بلکہ گھٹنوں کو خم دے کر وزن جسم کے نزدیک کر کے اٹھالیں۔ چیزوں کو دائیں بائیں سے اٹھانے کی بجائے سامنے سے اٹھائیں۔
- 4 بیٹھنے کے لیے اسی کرسی کا انتخاب کریں جس سے آپ کی کمر سیدھی رہے۔ آرام دہ کرسی کا استعمال اور پاؤں اوپر اٹھا کر بیٹھنے سے پرہیز کریں۔
- 5 بستر سے اٹھتے وقت سیدھا اٹھنے کی بجائے کروٹ لیتے ہوئے اٹھیں اور ٹانگیں بستر سے نیچے لٹکا کر اس طرح کھڑے ہونے کی کوشش کریں کہ کمر بالکل سیدھی رہے۔
- 6 کھڑے ہوتے وقت اپنی کمر کو سیدھا رکھنے کی کوشش کریں۔
- 7 شدید درد کی صورت میں کوئی اور ورزش مت کریں۔
- 8 کمر کی ورزش عمر اور تکلیف کے مطابق ہوتی ہے۔ کوئی بھی ورزش اپنے ڈاکٹر سے مشورہ کے بغیر نہ کریں۔

گردن کے تکلیف میں احتیاطی تدابیر

- 1 گردن میں تکلیف عموماً طویل عرصے تک ایک ہی حالت میں کام کرتے رہنے، نامناسب طریقے سے دیر تک بیٹھنے یا گردن اور بازوؤں کو روزمرہ کے معمول کے خلاف استعمال کرنے سے پیدا ہوتی ہے۔
- 2 دیر تک ایک ہی پوزیشن میں کام کرنے سے بہتر ہے کہ تھوڑی تھوڑی دیر بعد جسم کو آرام دیں یا پوزیشن بدل لیں۔
- 3 گھر میں اور کام کے دوران صحیح انداز نشت اختیار کریں۔ گردن جھکا کر زیادہ عرصہ تک کام کرنے سے پرہیز کریں۔
- 4 ایسی کرسی اور میز کا انتخاب کریں جس کی اونچائی آپ کے قد کے لحاظ سے مناسب ہو۔
- 5 تکیہ سنبیل کا بنا ہوا استعمال کریں۔
- 6 ٹی وی دیکھتے وقت سکرین آنکھوں سے تھوڑی اونچی ہونے چاہیے۔
- 7 اگر گردن میں زیادہ درد ہو تو کام، سفر اور ٹی وی دیکھتے وقت حسب ہدایت کالر کا استعمال کریں۔ یاد رہے کالر کا ضرورت سے زیادہ استعمال پٹھوں کو کمزور کر دیتا ہے۔
- 8 جب درد میں کچھ افاقہ ہو جائے تو گردن کی ورزش ڈاکٹر کے مشورے کے مطابق کریں۔

گھٹنے کے درد میں احتیاطی تدابیر

- 1 گھٹنے میں درد کا احساس عام طور پر اس امر کی نشاندہی کرتا ہے کہ آپ کے جوڑ میں سوزش ہے۔ ایسی حالت میں زیادہ پیدل چلنا، سیڑھیاں چڑھنا، دوڑنا گھٹنوں کے لئے نقصان دہ ہے۔
- 2 بیٹھنے کے دوران گھٹنوں کو 90 سے زیادہ خم نہ کریں۔ گھٹنوں میں تکلیف ہو تو آرام دہ کرسی اور صوفے پر بیٹھنے سے گریز کریں۔
- 3 گھٹنے موڑ کر پاؤں کے بل دوزانو یا پالتی مار کر بیٹھنے سے مکمل پرہیز کریں۔
- 4 ٹائلٹ استعمال کرتے وقت انگلش کموڈیا کرسی نما کموڈ کے استعمال کو ترجیح دیں۔
- 5 اگر چھڑی کے استعمال کی ضرورت ہو تو اس بات کا خیال رکھیں کہ اس کی لمبائی آپ کے کولہے کے برابر ہو۔ چھڑی صحیح گھٹنے والے ہاتھ میں پکڑیں۔ چھڑی کے نیچے بڑھ پید ضرور لگا ہوا ہو، تاکہ چھڑی پھسل نہ جائے۔
- 6 سیڑھیاں چڑھتے وقت صحیح گھٹنے والا پاؤں پہلے رکھیں اور اترتے وقت اس کے برعکس کریں۔
- 7 لٹتے وقت گھٹنے پر خم نہ ڈالیں اور گھٹنے کے نیچے تکیہ مت رکھیں بلکہ لیٹتے وقت کچھ دیر پاؤں تکیہ پر رکھیں تاکہ گھٹنا سیدھا رہے۔
- 8 اگر آپ کا وزن زیادہ ہے تو میٹھی اور چکنائی والی اشیاء کھانے سے پرہیز کریں آپ کا وزن جتنا کم ہوگا گھٹنوں پر بوجھ اتنا ہی کم پڑے گا۔
- 9 جب درد کی شدت میں کمی آجائے تو پٹھوں کو مضبوط بنانے کے لئے ورزش کریں۔



Department of Physical Medicine & Rehabilitation

Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and Occasionally lower back pain. Do these stretches every hour or so throughout the day, Or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get Up and walk around the office whenever you think of it. You'll fee better!



10-20- seconds
2 times



10-15- seconds



8-10- seconds
each side



15-20- seconds



3-5- seconds
3 times



10-12- seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

وزن اٹھانے کے دس بنیادی اصول



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- ۱- وزن اٹھانے سے پہلے غور کر لیں کہ آپ کو مدد کی ضرورت ہے؟
- ۲- گھٹنوں کو سخت کریں۔
- ۳- جو وزن اٹھانا مقصود ہو اس کے نزدیک کھڑے ہوں۔
- ۴- پاؤں کو زمین پر سختی سے جمائیں۔
- ۵- گرفت منطوب رکھیں۔
- ۶- گھٹنوں کو سخت کریں۔
- ۷- کمر کو سیدھا رکھیں۔
- ۸- جھٹکائیے بغیر اور پیٹ کو سخت کر کے وزن اٹھائیں۔
- ۹- پاؤں کو حرکت دیں۔
- ۱۰- وزن کو زمین پر رکھتے وقت کمر کو خم نہ دیں۔
- ۱۱- تمام ورزشیں ڈاکٹر کی ہدایت کے مطابق جاری رکھیں۔

فوجی فاؤنڈیشن ہسپتال، راولپنڈی



1. STRENGTHEN KNEES
2. PLAN LIFE. NEED HELP?
3. STAND CLOSE
4. GOOD GRIP
5. SECURE FOOTHOLD
6. KNEES BENT
7. BACK IN NEUTRAL
8. LIFT WITHOUT JERKING-TIGHTEN TUMMY
9. MOVE FEET
10. DON' S STOOP TO PUT DOWN.

Department of Physical
Medicine & Rehabilitation



ری ہیلپیٹیشن میڈیسن

کیا ہے؟

ایک تعارف

ری ہیلپیٹیشن میڈیسن

جدید طب کی نئی برانچ ہے جس میں کسی بھی بیماری کا علاج مریض کی میڈیکل فیزیکل سائیکالوجیکل ووکیشنل اور سوشل (سماجی) مشکلات کو مد نظر رکھ کر کیا جاتا ہے کسی مرض کی وجہ سے مریض میں پیدا شدہ جسمانی کمزوری کو ممکنہ حد تک دور کرتے ہوئے مرض کا علاج کیا جاتا ہے۔ تاکہ وہ مریض روزمرہ کے کاموں میں کسی دوسرے شخص کا دست نگر نہ ہو اور معاشرہ کا ذمہ دار شہری ثابت ہو۔

فزیکل تھیراپی (Physical Therapy)

اور آکوپیشنل تھیراپی (Occupational Therapy)

درج ذیل مشینوں سے علاج کیا جاتا ہے

ٹی۔ای۔ای۔ایس۔

T.E.M.S

ویکس باتھ

Wax Bath

کرائیو تھراپی

Cryotherapy

ٹریکشن تھراپی

Traction Therapy

الٹراساؤنڈ تھراپی

Ultra Sound Therapy

شارٹ ویوڈایا تھراپی

Short Wave Diathermy

انفراریڈ تھراپی

Infrared Therapy

الیکٹرک مسل سٹیموولیٹر

Electric Muscle Stimulator

برائے مزید معلومات

ری ہیلپیٹیشن
میڈیسن ڈیپارٹمنٹ

فوجی فاؤنڈیشن ہسپتال، راولپنڈی

051-5788150-6 Ext 1251

مندرجہ ذیل بیماریوں والے مریض اس طریقہ علاج سے مستفید ہو سکتے ہیں

پولیو

لقوہ

فالج

نسوں کی کمزوری

شائیکا

آسٹیو آرٹھرائٹس

جوڑوں کا درد

اسیٹوپروسس (ہڈیوں کا بھربھرا پن)

حرام مغز کی چوٹ اور دیگر بیماریاں

سپورٹس انجریز

دماغی چوٹ

کمردرد

موٹاپا

گردن کا درد وغیرہ

ری ہیلیٹھن میڈیسن

میں مریض کا علاج سپیشلسٹ ڈاکٹر کرتا ہے جس میں اسے

Occupational Therapist آکوپیشنل ٹھراپسٹ

Physio Therapist

فیزیوٹھراپسٹ

Speech Therapist

سپیچ ٹھراپسٹ

Psychologist

سائیکا لوجسٹ

Orthotist

آرٹھوٹیسٹ

Prosthetist

اور پروستھوٹیسٹ

کا تعاون حاصل ہوتا ہے

اس وقت یہ شعبہ ملک کے چند بڑے ہسپتالوں میں کام کر رہا ہے

PLATELET RICH PLASMA

Platelet rich plasma (PRP) is an innovative therapy that work as regenerative modality to stimulate healing in musculoskeletal injuries.

INDICATIONS OF PRP

- Rotator cuff injuries.
- Knee Osteoarthritis.
- Plantar Fasciitis.
- Muscle injuries.
- Meniscal injuries.
- Ligament injuries.

WHY CHOOSE PRP?

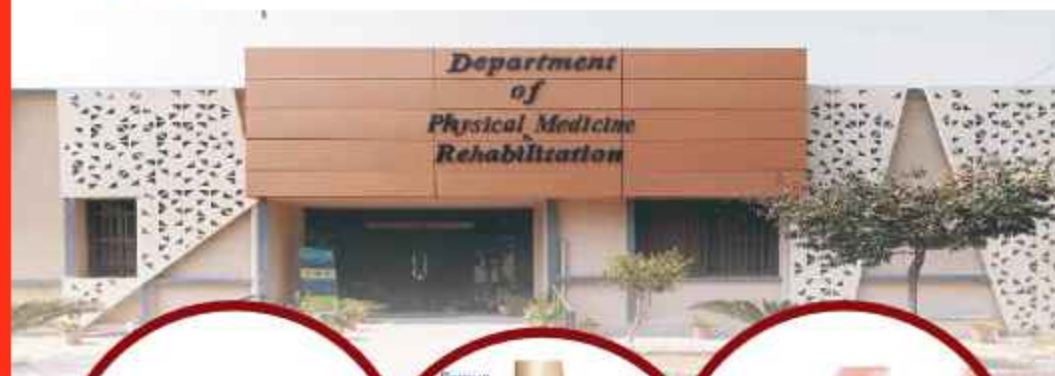
It uses body's own platelets to activate natural growth factors. It is safe and effective. It is non-invasive and has long term effects.



Department of Physical Medicine & Rehabilitation



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KNEE PAIN? SAY GOOD BYE

RADIOFREQUENCY ABLATION FOR KNEE PAIN RELIEF

With our latest Radio Frequency Ablation technique at FFH, Pain Clinic, you can get knee pain relief and enjoy a good quality of life.

ADVANTAGES

- Day care procedure
- Instant pain relief
- No adverse effect

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DOES IT INVOLVE SPEECH, VISION OR HEARING?

Yes, Child may have problem while swallowing, eye muscle imbalance, speech & hearing.

WILL MY CHILD WALK OR BE FUNCTIONALLY INDEPENDENTLY?

Effect of CP on functional abilities varies greatly. Some affected children can walk while other cannot, Some show normal or near normal intellectual disabilities Epilepsy , deafness or blindness may be present

WHEN TO SEE A DOCTOR?

It is important to get a prompt diagnosis for any movement disorder or possible delays in your child's development. It is important to start management as early as possible. Scientific studies proved that an early intervention definitely makes a difference.

WHAT ALL IS PROVIDED TO FACILITATE MY CHILD AT AFIRM?

AFIRM Paediatric Rehab Clinic provides complete evaluation by multi-disciplinary approach .It is headed by a rehab specialist & composed of occupational therapist, orthotist, speech therapist, psychologist & physical therapist.

proper positioning and handling techniques (how to carry, feed , dress / undress the baby) are very important in management. Focus of treatment is facilitation of normal movement pattern, achievement of motor milestones , normalization of body tone, training in activities of daily living, improvement of balance & coordination and prevention of complications.

CEREBRAL PALSY (CP)

A GUIDE FOR PATIENTS



WHAT IS CEREBRAL PALSY?

It is a disorder of movement, muscle tone and posture that is caused by damage that occurs to immature, developing brain....

WHAT ARE ITS SIGNS & SYMPTOMS?

Signs & symptoms may appear during infancy or preschool years. It may involve half side of body (hemiplegia), both legs (disolegia) all limbs (quadriplegia) or one limb - mostly arm (monoplegia), depending on severity of brain injury.

It may include:

- Developmental delay (unable to hold neck at 4 months, sit at 7 months & walk at 1.5 years)
- Impaired movement
- Floppiness
- Rigidity
- Abnormal Posture
- Involuntary movement, slow writhing movement
- Lack of Coordination
- Delays in Speech Development
- Seizures
- Excessive Drooling
- Difficulty walking (crouched, scissor or asymmetrical gait)



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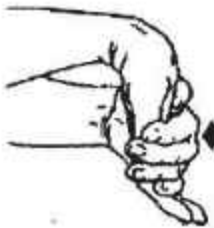


Exercises are an important part of treatment for tennis elbow. They are designed to strengthen the muscles in the forearm and increase flexibility through stretching. In most cases these exercises will help relieve elbow pain in about 4 to 6 weeks. Each stretching exercise is held for 15 seconds and repeated 2 or 3 times. This pattern is repeated 5 times a day.

Exercise 1. Stretching the muscles that extend the wrist (extensor muscles): Straighten the arm out fully and push the palm of the hand down so you feel a stretch across the top of the forearm.



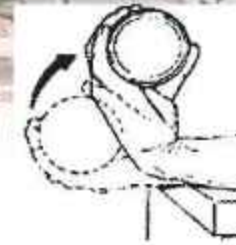
Exercise 2. Stretching the muscles that flex the wrist (flexor muscles): straighten the arm out fully (palm side up), and push the palm downward to stretch. Strengthening exercises are performed twice a day following the stretching exercises. To perform these exercises, the patient sits in a chair with the elbow supported on the edge of a table or on the arm of the chair the wrist hanging over the edge. Use a light weight such as a hammer or soup can when performing the strengthening exercises. Repeat the exercises 30 to 50 times, twice a day, but do not push yourself beyond the point of pain.



Exercise 3. Stretching wrist extensor muscles: Hold the weight in the hand with the palm facing down. Extend the wrist upward so that it is pulled back. Hold this position for 2 seconds and then lower slowly.



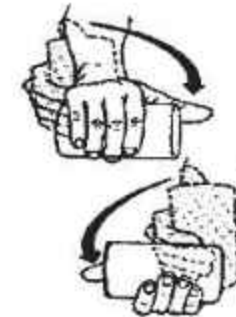
Exercise 4. Stretching wrist flexor muscles: Hold the weight in the hand with the palm up. Pull the wrist up, hold for 2 seconds and lower slowly.



Exercise 5. Stretching the muscles that move the wrist from side to side (deviator muscles) Hold the weight in the hand with the thumb pointing up. Move the wrist up and down, much like hammering a nail. All motion should occur at the wrist.



Exercise 6. Stretching the muscles that twist the wrist (pronator and supinator muscles): Hold the weight in the hand with the thumb pointing up. Turn the wrist inward as far as possible and then outward as far as possible. Hold for 2 seconds and repeat as much as pain allows, up to 50 repetitions.



Exercise 7. Massage is performed over the area of soreness. Apply firm pressure using 2 fingers on the area of pain and rub for 5 minutes.



If exercise aggravates any of your symptoms, contact a physician or physical therapist. These exercises can be used to prevent or rehabilitate injuries in people who play sports or in those who do repetitive forearm work.



Department of Physical Medicine & Rehabilitation



WHAT IS PHYSICAL MEDICINE & REHABILITATION

It is the branch of medicine, which deals with treatment of medical, physical, psychological, social and vocational aspects of diseases in the disciplines of:

- Spinal injuries
- Neurological disabilities
- Rheumatology
- Electro diagnosis
- Soft tissue orthopaedics
- Sports medicine
- Paediatric rehabilitation
- Cardiac and pulmonary rehabilitation
- Cancer rehabilitation
- Pain management

GENERAL INSTRUCTIONS FOR KNEE PAIN

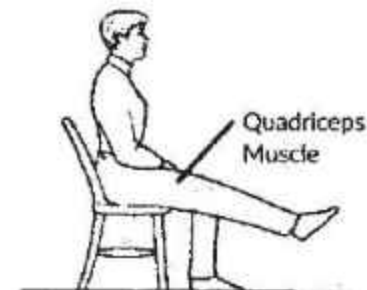
- Avoid standing for greater than 10 minutes; instead use a high stool or take frequent rests.
- Limit stair climbing; take the elevator, escalator, or ramp.
- Use a hand-rail for support when climbing stairs.
- Go upstairs one at a time with your good leg first.
- Come downstairs with your bad leg first followed by good.
- Avoid low beds, chairs, and toilets; elevate them when possible.
- Do not put pillows under your knee at night. This may ease your pain for a while but, if you do it regularly, it will affect the muscles and may leave your leg permanently bent.

- Wear cushioned training shoes as much as possible to act as a shock absorber for the knee.
- Keep using your knee, but rest it when it becomes painful and start again later.
- Use a stick to take the weight off the joint if you need to, but keep moving!
- Keep the knee warm (if the joint itself is not swollen, warm or red). It can help relieve pain and stiffness. Hot baths, hot-water bottles, a heat lamp or a rub with a suitable cream can all bring relief. It does not cause any harm to use heat even during a flare-up.

EXERCISES FOR KNEE PAIN

STRAIGHT-LEG RAISE - SITTING

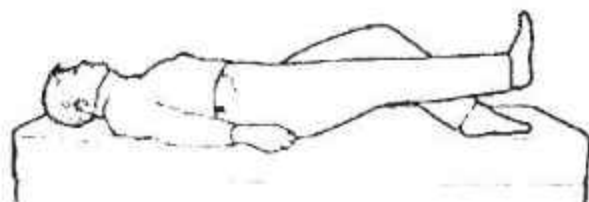
- Sit well back in the chair with a good posture.
- Straighten and raise the leg, hold it for a slow count to ten, then slowly lower it.
- Repeat this ten times with each leg.
- Gradually increase count to sixty over next few weeks.



EXERCISES FOR KNEE PAIN

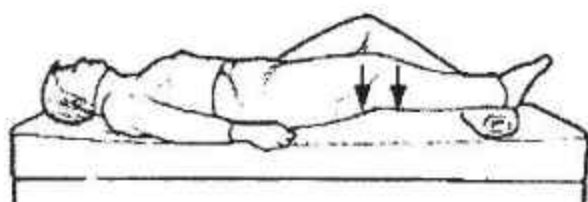
STRAIGHT-LEG RAISE - LYING

- Tighten your thigh muscles, lift the foot off the bed/Ground for about 6" without bending knee.
- Hold for a slow count of ten then lower it.
- Repeat this ten times with each leg.
- Gradually increase count to sixty over next few weeks.



HAMSTRING MUSCLE STRETCH

- Place a rolled-up towel/pillow under the heel of the leg to be exercised.
- Push the back of the knee firmly towards the bed or the floor.
- Hold for a slow count of fifteen.
- Repeat five times with each leg.



QUADRICEPS ISOMETRIC SETS

- Lie on your back with your legs straight.
- Tighten the top of your thighs by pressing the back of your knees into the bed.
- Hold the contraction for a count of ten.
- Relax and repeat 10 times.
- Gradually increase count to sixty over next few weeks.



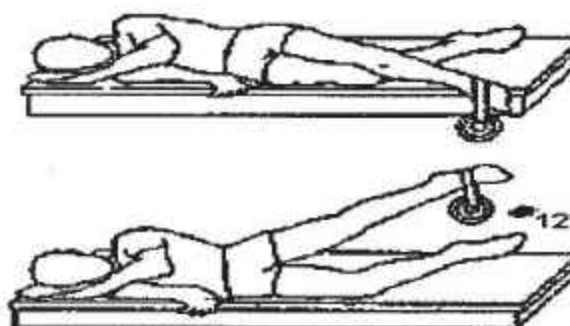
ANKLE PUMPS

- With your legs straight, bend your feet toward your face and then point your feet away from your face.
- Repeat 10 times.



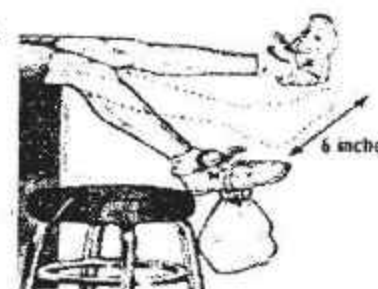
GLUTEUS MEDIUS STRENGTHENING

- Lie on your side on a firm mattress.
- With the bottom leg bent at the knee.
- Place the weight around the instep of the foot over your shoe.
- Keeping the knee straight, SLOWLY lift the a MAXIMUM of 12 inches and SLOWLY lower the leg back to the starting positions.
- Perform this exercise 10 times.



STRAIGHT-LEG RAISE - SITTING

- Sit up on a desk or high surface, stick your leg out straight, drop it about 6" and support it with a chair or stool.
- Fill a gym bag or duffel with weights, books, soup cans, whatever, and strap it to the lower leg.
- Lift only the last 6" (about 30 degrees) to full extension, hold for three second, then come slowly back down. Do 5 sets of 10 reps each day, with just enough weight that you get to 5 or 6 on that fifth set, and have to stop.
- Can't get there? Take out some weight. Can do all 10?
- Add some weight.





**Fauji Foundation Hospital
Rawalpindi**

Artificial Limb Center

Athletic lower limb "Running Blades" are latest devices that can help you regain your passion of running. Our patients have participated in multiple national and international athletic competitions.

**ATHLETIC LOWER
LIMB PROSTHESIS**

We can help you RUN again

 **Fauji Foundation Hospital
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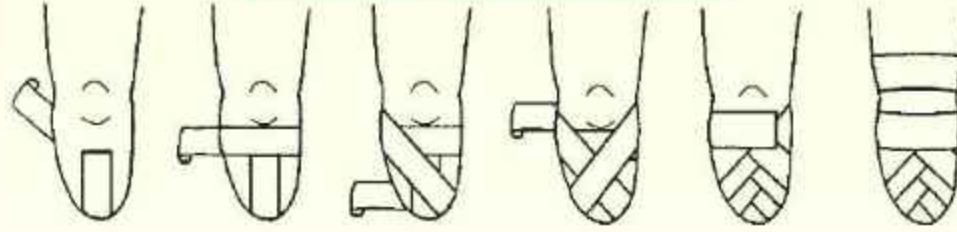


Fauji Foundation Hospital Rawalpindi

سٹمپ کا خیال اور پٹی باندھنا

اپنے سٹمپ پر روزانہ باقاعدگی سے گرم پٹی باندھیں۔ یہ پٹی سٹمپ کی سوجن اور درد کو کم کرتی ہے
تین گھنٹے پٹی باندھنے کے بعد 2/1 گھنٹے کے لئے پٹی اتار دیں۔
مصنوعی ٹانگ ملنے سے پہلے ایک دن میں کم از کم 2 گھنٹے پٹی باندھنا ضروری ہے۔

آٹھ (8) کی شکل میں پٹی باندھنے کا طریقہ



پٹی باندھتے وقت ٹانگ سیدھی ہونی چاہیے اگر پٹی باندھنے کے وقت ٹانگ مڑی ہوگی تو پٹھے اکڑنے کا خدشہ ہوتا ہے۔
پٹی اتنی کس کے نہ باندھیں جس سے خون کے بہاؤ میں رکاوٹ ہو اور درد ہونا شروع ہو جائے۔
پٹی کو نیم گرم پانی کے ساتھ دھو سکتے ہیں۔
سٹمپ کا خاص خیال رکھیں اور جب زخم بھر جائیں تو سٹمپ کو دن میں ایک دو بار نیم گرم پانی اور
صابن کے ساتھ دھوئیں۔
سٹمپ کو دھونے کے بعد اس پر لوشن یا پیٹرولیم جیلی وغیرہ لگائیں۔
روزانہ 15-20 منٹ الٹائیں۔
بتائی ہوئی ورزشیں باقاعدگی سے کریں۔

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Department of Physical Medicine & Rehabilitation



WHAT IS PHYSICAL MEDICINE & REHABILITATION

It is the branch of medicine which deals with treatment of medical, physical, psychological, social and vocational aspects of disease in the disciplines of:

- Spinal injuries
- Neurological disabilities
- Rheumatology
- Electro diagnosis
- Soft tissue orthopaedics
- Sports medicine
- Paediatric rehabilitation
- Cardiac and pulmonary rehabilitation
- Cancer rehabilitation
- Pain management

GENERAL INSTRUCTIONS FOR NECK PAIN

1. One of the most common cause of neck pain, and sometimes headaches, is poor posture. Bed posture can cause misalignment of your neck, head and spine.
2. Car accidents can cause whiplash.
3. Age wear and tear can cause spondylosis.

HOW TO AVOID NECK PAIN

1. The basic rule is simple keep your neck in a "neutral" position whenever possible.
2. Don't bend or hunch your neck forward for long periods.
3. If you must sit for an extended period, keep your head in a neutral position, make sure your back is supported, keep your knees slightly lower than your hips, and rest your arms if possible.
4. While sleeping.

- Don't sleep at an angle too high or too low
 - Use soft pillows
 - Feather pillows are generally preferable to foam; they conform easily to the shape of the neck.
 - Try doing stretching exercises before bed and first thing in the morning.
 - Don't sleep on your stomach, this position puts great pressure on the neck
 - Don't "over-pillow" your neck; keep your neck and spine in a neutral position at pressure on the neck.
5. Avoid carrying items on one shoulder for a long period.
 6. Avoid carrying items that are too heavy.
 7. If you feel arm pain, numbness, tingling, and weakness related to neck pain, consult your doctor at an earliest.
 8. Even activities such as gum chewing and reading in bed can cause pain.
 9. It is better to change position or take short breaks during prolonged work.
 10. While at job or in home adopt correct sitting posture. Avoid overwork with tilted neck. Select a chair and table according to your height.
 11. While watching television, the screen should be just above the level of eyes.
 12. Use cervical collar, as advised by doctor while watching television, during table work for long duration and traveling.
 13. When pain is relieved, perform exercises as directed by doctor.

EXERCISES FOR NECK PAIN

BACKWARD RESISTANCE

- Place both hands behind your head.
- Try to move head backwards, but resist the movement with your hands. Don't tip chin.
- Hold this posture for a count of 10.
- Relax.
- Do 5-10 reps 3 times a day.



SIDE RESISTANCE

- Hold one hand against the side of your head.
- Use your hand to resist the movement as you try to touch your shoulder with your ear.
- Hold this posture for a count of 10.
- Relax and repeat on opposite side.
- Do 5-10 reps of this exercise 3 times a day.



FORWARD RESISTANCE

- Hold both hands against your forehead.
- Try to move head forward, but resist the movement with your hands.
- Hold this posture for a count of 10.
- Relax.
- Do 5-10 Repetitions of this exercise 3 times a day.



TILT FROM FRONT TO BACK

- Tilt your head slowly back, far enough so you can look up.
- Hold posture for a moment.
- Return slowly to front position.
- Do 5-10 repetitions of this exercise 3 times a day.



TILT FROM SIDE TO SIDE

- Keep your head straight as you slowly tilt it over to the side.
- Don't go so far that you touch your ear with your shoulder.
- Hold posture for a moment.
- Return your head to center position.
- Move your head to your opposite shoulder.
- Do 5-10 repetitions of this exercise three times a day.



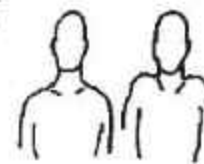
ROTATE HEAD FROM SIDE TO SIDE

- Slowly turn your head as far as you can.
- Hold posture for a moment.
- Return your head to the center.
- Move your head in the opposite direction.
- Do 5-10 repetitions of this exercise 3 times a day.



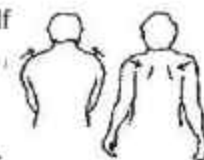
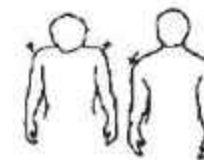
SHOULDER SHRUGS

- Slowly lift both shoulders up toward your ears. Try to lift them as high as they will go.
- Hold this posture for a count of 10.
- Relax.
- Do 5-10 Repetitions of this exercise 3 times a day.



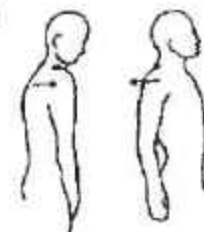
SHOULDER CIRCLES

- Stand in front of a mirror and watch yourself slowly roll your shoulders forward as far as they can go. From that forward position, then take the shoulders up toward your ears as far as they will go and then back as far as they will go so that you define half circles from front to rear.
- Do this 5 times.
- Repeat the shoulder rolls starting from the rear and going to the front.



PROTRACTION /RETRACTION

- Stand up straight and slowly bring both shoulders forward as far as you can. Try to have the shoulders touch each other in front.
- Then take the shoulders back as far as you can, trying to squeeze the shoulder blades together in back of you.
- Repeat this 10 times.



FOREARM STRETCH (FOR MEDIAL PAIN)

- Sit or stand straight up and raise your arm straight out in front of you.
- Flex your wrist up so the fingers point at 90 degree.
- Use your other hand to pull the palm and fingers in toward your body more.
- Hold this stretch 20 seconds.
- Relax for 15 seconds and repeat this stretch twice more.



FOREARM STRETCH (FOR LATERAL PAIN)

- Take the hand out in front of you, point the fingers down toward the floor.
- Use the other hand to exacerbate the stretch of the forearm.
- Hold the stretch for 20 seconds.
- Relax for 15 seconds and repeat this stretch twice more.





Department of Physical Medicine & Rehabilitation



OUR SERVICES

1 Assessment

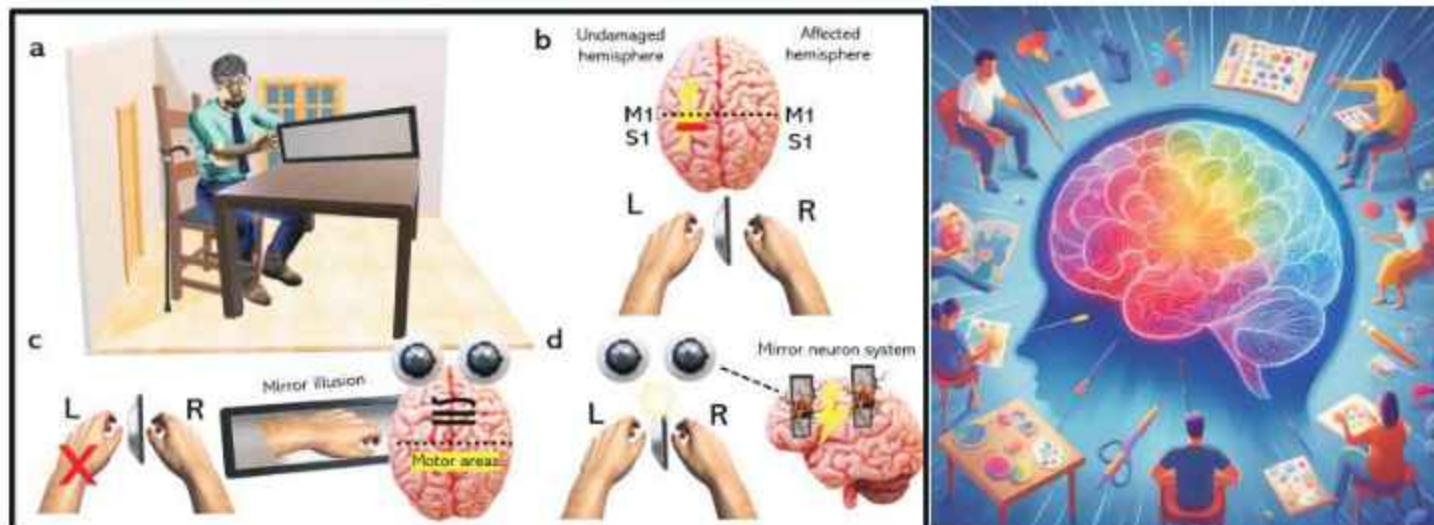
- Cognitive Assessment
- IQ Assessment
- Autism Spectrum Disorders
- ADHD and learning Disabilities
- Personality Assessment

2 Therapies

- Psychotherapy
- Cognitive Enhancement Therapy
- Art Therapy
- Mirror Therapy
- Behavioral Management
- Group Therapy

3 Facilities

- Blue Room
- Kinect Lab
- Group Therapy Room
- Counseling Rooms



DEPARTMENT OF SPEECH THERAPY

Stammering / Suttering

Stammering the most common fluency disorder, is an interruption in the flow to speaking, characterized by specific types of dysfluencies.

Sings and symptoms:

It includes speech behaviors:

- Monosyllabic whole-word repetitions
- Part word repetitions
- Prolongation of consonants
- Blocks and production of words with an excess of physical tension or struggle.
- Other secondary behaviors include body movements e.g. head nodding, fist clenching), facial grimaces (eye blinking) avoidance behaviors (using fillers, avoiding sounds or words, altering rate of speech.

Causes and Risk Factors:

Possible causes of developmental stuttering include:

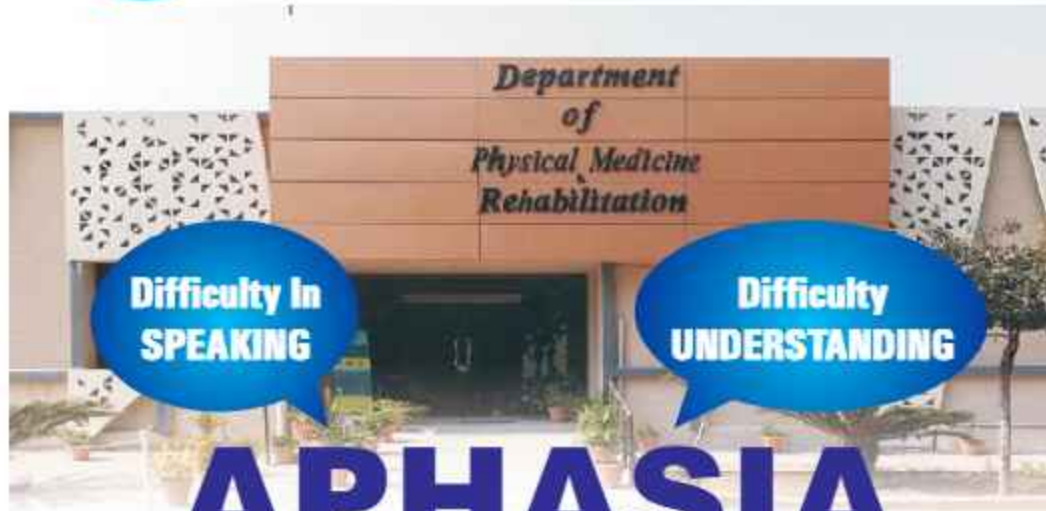
- Abnormalities in speech motor control
- Genetics
- Factors that increase the risk of suttering includes delayed childhood development, having relatives who stutter, stress.



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Department of Physical Medicine & Rehabilitation



Language Disability Due to Damage to the Brain

Difficulty in **READING**

Difficulty in **WRITING**

Speech Therapy Services in Fauji Foundation Hospital

- Computerized Speech Lab
- Speech Generating Software
- KOKO (AAC Device)
- Monessen Equipment
- Vilad Stim Frequency

Communication Strategies for Family and Caregivers

- Set the stage for effective communication (good lighting & relaxed atmosphere)
- Speak at a normal rate and pause appropriately.
- Write key word to aid comprehension.
- Ask yes/no questions and then verify.
- Accept any form of communication whether it be gestures, Written, Drawing or spoken.
- Be a partner - not a therapist.

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