

PARAPLEGIC / QUADRIPLÉGIC HOME CARE



P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

1. RANGE OF MOTION:

- a. Moving joints in full range to prevent tightness, contracture and deformity
- b. Active exercises as shown by physiotherapist
- c. Put splint whenever necessary

2. POSITIONING IN BED

- On back: Hips straight, knees straight, foot in neutral, hands straight supported by pillows
- On side : Pillow in between bent knees, hand supported on pillow
- Use air bed if patient not actively mobile

3. SKIN CARE

- Apply olive oil regularly to maintain suppleness of the skin
- Positioning of the patient helps maintain skin condition
- Check for any redness or irritation of the skin
- Check all bony prominences for pressure sores

4. MOBILITY

a. SITTING:

- Patient should be made to sit often to improve sitting balance as shown by physiotherapist

- Air cushion must be used for patient sitting for longer duration

b. STANDING:

- Passive standing is necessary with assistive devices like push knee splint
- Adequate standing improves proprioception and balance in patients

c. WALKING:

- Walking must be attempted with assistive devices like walker

d. STAIR CLIMBING / BALANCING ACTIVITIES:

- Exercises to improve balance and coordination as advised by physiotherapist

e. HAND ACTIVITIES AND ADL:

- Hand activities to improve grip strength
- Activities of daily living to be improved for better lifestyle

5. SENSORY STIMULATION

- Sensory stimulation techniques can be used to elicit senses by applying different textures

6. INCONTINENCE

- Maintain high fiber diet and increase intake of fluid

7. HOME MODIFICATIONS

- Hand rails must be used for the patient in the passages
- Hand grasps for toilet seats
- Height of bed must be adjusted to the height of the patient
- Transfers from bed to chair as taught by physiotherapist

8. PSYCHOLOGICAL MOTIVATION

- Watching television and reading
- Social activities
- Psychological support from relatives

**TAILOR-MADE EXERCISE TO BE DONE
REGULARLY UNDER THE SUPERVISION OF
PHYSIOTHERAPIST**

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