

Editorial on Rehabilitation Physiotherapy **Paula Maria Martini***

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Editorial

Neurological physiotherapy is a type of rehabilitation that focuses on examining and treating physical issues caused by a person's neurological condition.

Neurological physiotherapy is a type of physical therapy that focuses on the nervous system.

Neurological physiotherapy is used to treat persons who have movement and function impairments that are caused by issues with the neurological and neuromuscular systems of the body. Muscle weakness, poor balance and coordination, uncontrollable muscle spasms and tremors, loss of function, and diminished sensitivity are common symptoms of these disorders. Neurological physiotherapy can help your brain kick-start communication channels that aren't working and create new ones through repetitive motions and exercises.

Many patients who receive Neurological Physiotherapy see improvements in symptoms such as loss of balance, hand and arm function, leg and foot function, walking, spasticity, and discomfort. It is a process in which the disabled person is directly involved in formulating plans and setting goals that are significant and relevant to their unique circumstances.

How does it work?

Neuro rehabilitation focuses on all aspects of a person's functional independence and well-being, including medications, physiotherapy, and speech and swallow therapy, as well as psychological and occupational therapies, as well as teaching or re-training patients on mobility skills, communication processes, and other aspects of their daily routine. Nutrition, psychological, and creative aspects of a person's recovery are also addressed in neuro rehabilitation.

Many neuro-rehabilitation programmes, whether run by hospitals or private, specialized clinics, employ a diverse group of professionals from many professions to ensure that patients receive the most comprehensive care possible. Over time, and typically throughout a person's lifespan, these treatments enable that person and his or her family to live the most normal, independent lives possible.

Neurological physiotherapy principles

- Neurological physiotherapy is based on a number of rehabilitation ideas.

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- Physio therapies are based on the following principles of neurological physiotherapy.
- Following a brain or spinal cord damage, the brain is dynamic and capable of adjusting to change.
- Using a problem-solving and eclectic approach, treatment is tailored to the patient's symptoms and damage severity.
- Strengthening, sensory stimulation, positive reward, and verbal feedback are all used to encourage whatever movement is possible.
- Normal movement and function are encouraged
- Changing and correcting posture and placement while laying, sitting, and standing.
- Promotion of practical activities centered on day-to-day chores.
- To encourage the patient to think about the assignment and learn from the treatment, provide verbal and visual prompts.
- Muscle shortening should be avoided since it causes stiffness and aberrant movement.
- Taking a collaborative approach to patient rehabilitation.
- Realistic, measurable, and time-bound goals are implemented.
- Participating actively in treatment sessions with the patient.
- Obtaining as much independence and quality of life as feasible.

- Neurological physiotherapy has a lot of advantages.
- Physiotherapy for the brain should begin as soon as possible.

Neurological physiotherapy has a lot of advantages. For the best potential recovery, neurological physiotherapy should begin as soon as feasible after the accident be a critical educational goal.