



A Note on Physical Medicine and Rehabilitation

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Description

The Physical medicine and rehabilitation (PM&R), also known as physiatry or rehabilitation medicine, aims to improve and restore functional ability and quality of life in people who have physical impairments or disabilities that affect the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. A physiatrist is a doctor who has undergone specialised training in this area. Patients with amputations, spinal cord injuries, strokes, traumatic brain injuries, and other debilitating injuries or disabilities are typically treated by physiatrists in hospital settings. Physiatrists lead an interdisciplinary team of physical, occupational, recreational, and speech therapists, nurses, psychologists, and social workers in treating these patients.

What is rehabilitation?

Rehabilitation is the method of assisting an individual in achieving maximum function, freedom, and quality of life. Rehab does not repair or remove the harm caused by illness or injury; instead, it aids in the restoration of a person's health, function, and well-being. The word "rehabilitate" means "to make able."

The rehabilitation program:

Since rehabilitation medicine is tailored to each individual's needs, each programme is unique. The following are some general care elements for recovery programmes:

Getting to the root of the problem and avoiding complications
 Taking care of the impairment and improving function
 Adaptive tools and a change in the environment
 The patient and family will be educated, and they will be assisted in adjusting to their new lifestyle.

Condition and treatment:

Patients with short- or long-term physical and/or cognitive impairments and disorders caused by musculoskeletal problems (neck or back pain, sports or work injuries), neurological conditions (stroke, brain damage, or spinal cord injury), or medical other conditions are evaluated and treated by PM&R doctors (or physiatrists). Their mission is to reduce pain and improve results without the use of surgery.

some of the most common PM&R-related conditions; all are grouped by clinical area. They are:

Medical Rehabilitation

Pain-Neuromuscular Medicine Rehabilitation

Rehabilitation of Central Nervous System Disorders

Musculoskeletal Medicine

Pediatric Rehabilitation, etc.

Treatment Strength:

Various concepts of treatment intensity have been used in research on treatment intensity, with mixed results. While there is little research into the reasons for benefit, specialisation in the form of a stroke rehabilitation unit typically provides better outcomes than other forms of treatment.

Understanding of rehabilitation treatment would be improved by:

- (1) regularly documenting hours of service by specialty,
- (2) utilizing treatment intensity principles,
- (3) evaluating the relationship between naturally occurring differences in treatment strength and outcomes, and
- (4) creating a taxonomy of treatment styles.

Telehealth in Physical medicine and rehabilitation

Telehealth may be used by patients with neurologic disorders such as stroke, spinal cord injury, traumatic brain injury, and amyotrophic lateral sclerosis to monitor their symptoms and care response. Telehealth can also help patients with chronic illnesses with occupational and physical therapy, as well as weight loss and skin care. Barriers to creating a partnership between a care professional and a patient, the need to conduct a minimal physical examination, and discrepancies in payment structures and liability coverage are all limitations to telehealth. Telehealth services are projected to increase in popularity, and they have the ability to enhance patient satisfaction by providing high-quality, cost-effective treatment

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