



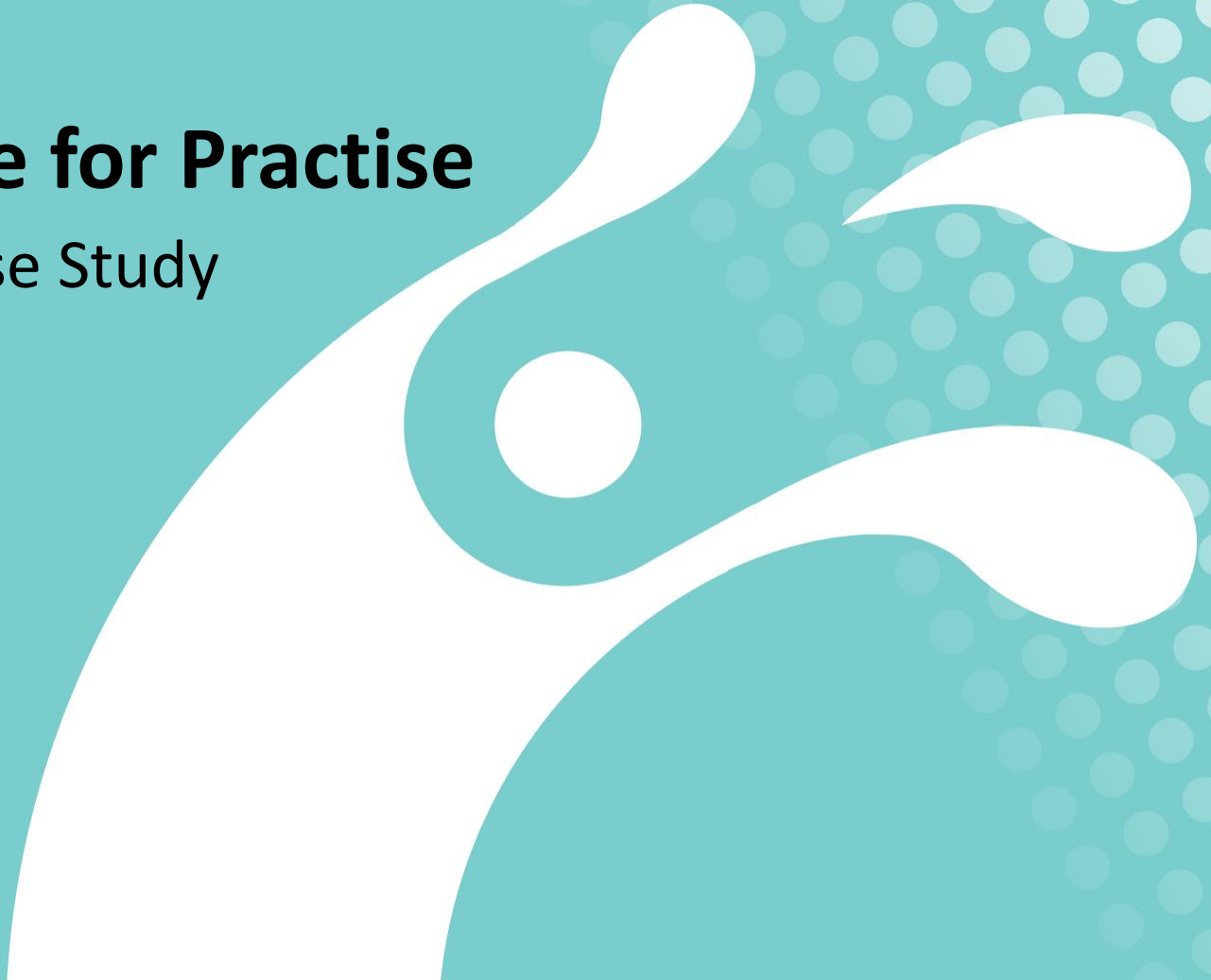
AQUACENTRIC

THEORY

Redefining Physiotherapy

Evidence for Practise

Case Study



Client Profile

Name	[REDACTED] /64 Years/ Male
Profession	Businessman
Chief complaints	<p>Patient complains of severe pain and tightness in bilateral lower limb</p> <p>Dependent for mobility and self-care.</p>
Diagnosis	Quadripareisis 2° c5-c6 epidural abscess(decompression and fixation done oct 2017)
Medical History	<p>k/c/o DM and HTN</p> <p>Severe osteoporosis bilateral neck of femur</p>

Comprehensive examination

Assessment	Muscle Power	UL- 2/5 LL- 1/5
	Sensation	Impaired B/L UL and LL
	Balance (sitting)	poor
	Gait	Wheelchair
	Pain (VAS)	8/10



Comprehensive examination

Posture	Excessive kyphosis cervical
Finding	FIM(Functional Independence Measure) – Moderate Assistance(50%)



Physiotherapy Goals

- To improve strength B/L UL and LL
- To improve sitting balance
- Improve posture(cervical kyphosis) and weight bearing



Therapy intervention

Frequency and duration of sessions	He was recommended 3 sessions/ week (1A-1A-1A) Progressed to (1A-1L-1A) At present progressed to 4 session /week(1 A-1L-1A-1L)
Intervention	<ul style="list-style-type: none">• Aquatic therapy:• Water specific techniques (WST)- trunk control• Gait training using various obstacles such as hurdle, hose pipes• Balance training on balance beam• Postural controls- upper-back extension• Staircase climbing – at present able to climb 3 steps• Hydro rider- 10 min • Land therapy:• Tilt table – ul strengthening(green Thera-tube), trunk control exercise, Knee control exercise , weightbearing• Body support harness- balance training, gait training• Suspension therapy using spring and TRX- B/L LL strengthening• Bobath bed- bed mobility and functional re-education

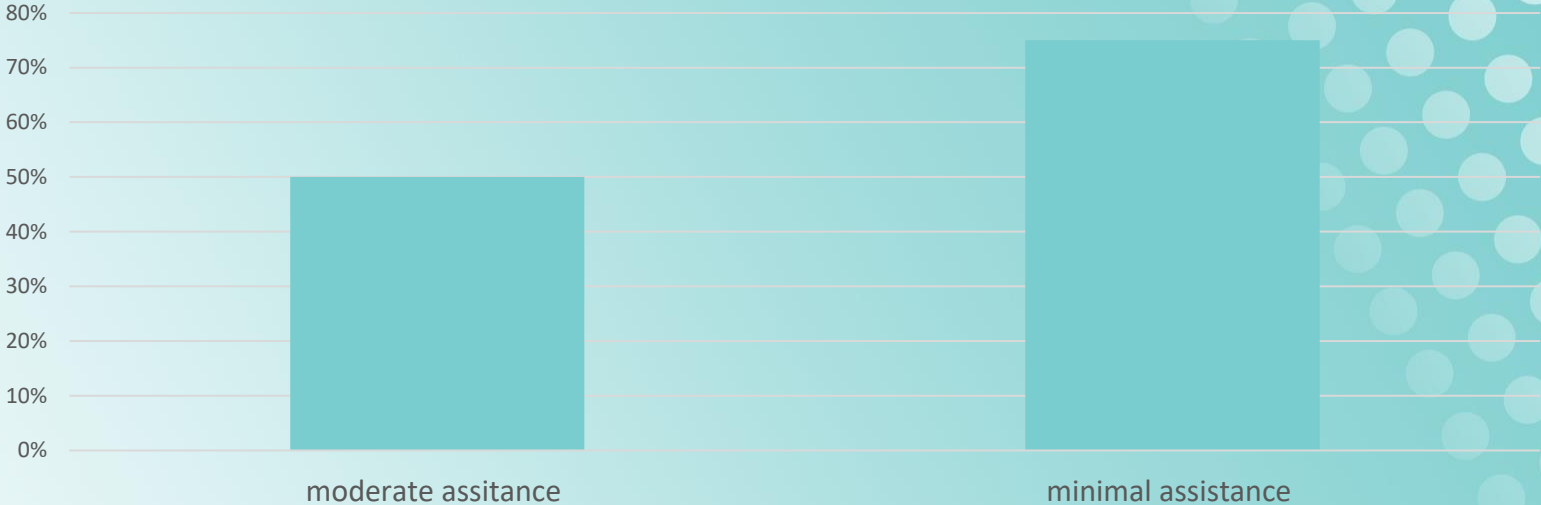
Outcome Post therapy

Test measures	PRE THERAPY	POST THERAPY (113 sessions)
Muscle Power	UL- 2/5 LL- 1/5	UL- 3+/5, LL- 3-/5
Sensation	Impaired B/L UL and LL	Impaired B/L LL (LT> RT)
Balance (sitting)	poor	good
Gait	Wheelchair	Walks with elbow crutches(B/L)
Pain (VAS)	8/10	3/10
FIM (modified dependence)	Moderate Assistance (50%)	Minimal Assistance(75%)



Outcome Post therapy

Functional Independence scale (FIM)



Thank You

