

### مركز خطوات الحياة رعاية الأطفال ذوي الاحتياجات الخاصة

علاج طبيعى وتأهيل مكثف للأطفال

#### **Physiotherapy & Rehabilitation Report**

Name :	Meshari Muhathil F. Aldawsari
Passport NO:	Y 995819
Age:	7 years
Sex:	male
Date Of Admission :	30/7/2022
Report Date :	14/6/2023

\* Diagnosis:

C.P

Type Diplegia

#### \* Assessment On Admission:

- Physical Assessment :
- 1 Poor head trunk interaction from standing and walking holding on.
- 2 Poor trunk control.
- 3 Poor gross and fine motion of both U.L rigth more affected than left .
- 4 Shortening at Achilles tendon gastrocnemius muscle, adductor longus muscle and hamstring muscle.
- 5 Poor movement of the abdominal muscles, lower back muscles.
- 6 Poor movement of both lower limp muscles.
- 7 Urinary incontinence.
- 8 Spasticity of lower limbs and U.L.
- Talips equion valgus of both ankle joints .
- O Poor standing alone .
- 11 He can't do receprocal Motion and body shifting in good way .
- 12 Poor kneeling Programme.
- - Poor trunk control.
  - 2 Poor transfer activities.
  - 3 Poor hand functions.

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#### \* Adding to the previous program:

- Facilitation of standing using standing frame.
- 2 Balance and proprioception training.
- 3 Stretching for Achilles tendons.
- Stretching for adductor longus.
- 5 Stretching for gastrocnemius muscle.

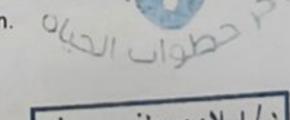
#### Progresion (17/12/2022):

- Improvement in the shortening of lower limbs muscles.
- 2 Improvement in the of upper limb muscles.
- 3 Improvement in the power of trunk and abdominal muscles.
- 4 Improvement in the both hands' function.
- 5 Improve head trunk interaction.
- Improve balance from independent sitting.
- 7 Able to do kneeling position holding on for long time.
- 8 Improve bearing some weight on his leg's for 30 sec holding on.
- 9 Able to do kneeling alone for 15 sec.
- Start to walk holding on facing S.B for long distance.
- Start to walk holding on facing robe for 30 steps.
- 12 Improve in reciprocal motion.
- \3 he start to stand holding one sticks for 5 sec.
- I 4 Able to do stoop's &recovery from kneeling alone.
- 15 Able to do kneel walking alone more than 15 steps forward, 10 steps side to side and 5 steps backward.
- He start to do standing momentarily for 10 sec.
- 1 7 He start to pull to stand from sitting on stool and take 2 steps alone torward wall.

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- Long term gools:
- 1 Improve gross and fine motion of upper limp.
- 2 To improve head trunk interaction.
- 3 To improve standing holding on.
- 4 To improve body slifting from standing holding in.
- 5 To improve standing momentary holding on.
- To improve the trunk control.
- 7 To increase the muscle power of lower limps.
- To increase the muscle power of upper limps.
  - To improve bladder function.
- le To stretch short muscle.
- 11 To improve standing alone.
- 12 To improve standing on for long distance.
- 13 To improve walking alone.
- 4 To improve body shifting from standing and walking alone.
  - · Long term gools:
  - To be independent as much as possible.

#### \* Program:

- Generalized strengthening exercises for upper limps, lower limps a
  trunk muscles.
- 2 Generalized stretching for upper limps, lower limps and trunk muscles. (Stand frame + plinth).
- 3 Facilitation of trunk control.
- Positional training (supine, side lying, sitting and standing).
- 5 Suspension therapy.
- 6 Body shifting ex's from standing holding on.
- 7 Body shifting ex's from standing alone.
- 2 Occupational therapy.
- 9 Equiprium ex's from standing and walking holding on.

د/اسلام مصطفی بسیونی

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#### Progresion (14/6/2023):

- He can walk alone for 20 steps.
- 2 Able to do body shifting when stand and walk alone for 10 steps
- 3 Able to do equliprium for standing and walking alone
- He start to do half kneeling alone
- 5 He stand to fall down controlled when he walk alone.
- 6 He start to pull to stand alone.
- 7 He start to protect himself by both U.L when he fall down.
- S Improvement in the shortening of lower limbs muscles.
- 9 Improvement in the of upper limb muscles.
- 10 Improvement in the power of trunk and abdominal muscles,
- 1 1 Improvement in the both hands' function.

#### \* Recommendations:

To continue intensive physical therapy program as he show improvement.

الإحطوال الديه

Physiotherapy Practical Manager

Dr/ Islam Mustafa Basyoun

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