



# مركز خطوات الحياة

رعاية الأطفال ذوي الاحتياجات الخاصة  
علاج طبيعي 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 right 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 limb muscles.
- 7 - Urinary incontinence.
- 8 - Spasticity of lower limbs and U.L
- 9 - Talipes equinovarus of both ankle joints .
- 10 - Poor standing alone .
- 11 - He can't do reciprocal Motion and body shifting in good way .
- 12 - Poor kneeling Programme.

#### \* Functional assessment :

- 1 - Poor trunk control.
- 2 - Poor transfer activities.
- 3 - Poor hand functions.

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## \* Adding to the previous program:

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

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

- 1 - 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.
- 6 - 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.
- 10 - Start to walk holding on facing S.B for long distance.
- 11 - Start to walk holding on facing robe for 30 steps.
- 12 - Improve in reciprocal motion.
- 13 - he start to stand holding one sticks for 5 sec .
- 14 - 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 .
- 16 - He start to do standing momentarily for 10 sec.
- 17 - He start to pull to stand from sitting on stool and take 2 steps alone toward wall.

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Goals:

• Long term goals:

- 1 - Improve gross and fine motion of upper limb.
  - 2 - To improve head trunk interaction.
  - 3 - To improve standing holding on.
  - 4 - To improve body shifting from standing holding in.
  - 5 - To improve standing momentary holding on.
  - 6 - To improve the trunk control.
  - 7 - To increase the muscle power of lower limbs.
  - 8 - To increase the muscle power of upper limbs.
  - 9 - To improve bladder function.
  - 10 - To stretch short muscle.
  - 11 - To improve standing alone .
  - 12 - To improve standing on for long distance .
  - 13 - To improve walking alone .
  - 14 - To improve body shifting from standing and walking alone.
- Long term goals:
- 1 - To be independent as much as possible.

\* Program:

- 1 - Generalized strengthening exercises for upper limbs, lower limbs and trunk muscles.
- 2 - Generalized stretching for upper limbs, lower limbs and trunk muscles.  
(Stand frame + plinth).
- 3 - Facilitation of trunk control.
- 4 - 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 .
- 8 - Occupational therapy.
- 9 - Equilibrium ex's from standing and walking holding on.

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## Progresion (14/6/2023) :

- 1 - 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 equilibrium for standing and walking alone
- 4 - 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 .
- 8 - 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.
- 11 - Improvement in the both hands' function.

## \* Recommendations:

- To continue intensive physical therapy program as he show improvement.

مركز خطوات الحياة

Physiotherapy Practical Manager

Dr/ Islam Mustafa Basyouni

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