

# Neurological Rehabilitation



## Neurological Recovery

With all individuals we work hard at maximizing neurological recovery. Our approach to rehab is based on a functional task oriented method. Interventions are selected based on a specific task that the patient assists in identifying. In this way the patient and therapist work together to design a rehabilitation plan that is motivating and engaging to the patient.

A meaningful task oriented approach to rehabilitation is crucial to maximizing neuroplasticity or reorganization of the neural connections in our central nervous system. Our brain and spinal cord are organized by a complex network of nerves and have the ability to form new connections as we learn and age throughout life. For example, when someone experiences a stroke the nerves around the damaged cells can reorganize to some extent and to either completely or partially function in place of the damaged nerves. The spinal cord is capable of neuroplasticity, to a limited extent, and interventions are designed to maximize this and to promote healing. Interventions are designed to be challenging, novel, and progressive

## Spinal Cord Injury Rehabilitation



Functional Training- The first focus of a new injury is centered on maximizing independence. This is often in cooperation with occupational therapy to identify needs of an individual. With the patient their needs are prioritized and a plan of action is devised to address the hierarchy of identified needs. This involves with the basics of safety including transfer training from various surfaces and elevations. Mobility skills are addressed based ADL requirements of the individual for bathing, dressing, working, and participation in recreational activities.

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