



Short Note on Types of Rehabilitation Therapy

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DESCRIPTION

Rehabilitation is a subject that is highly discussed around the world. This is not surprising given that over a billion people live with a disability, accounting for more than 15% of the global population. Moreover, according to a latest study, 2.41 billion people worldwide live with conditions that impair their everyday activities and would benefit from rehabilitation services, equating to one in every three people requiring rehabilitation services throughout the course of an illness or injury. Over the next 30 years, the proportion of the global population over 60 will double, with the majority of these people living with chronic diseases, particularly non-communicable diseases. These shifting health and demographic trends are contributing to an increasingly rapid rise in the number of people experiencing functional decline, leading to massive unmet rehabilitation needs. Many of these real needs are focused among the poorest and most vulnerable populations in low- and middle-income nations and conflict-affected settings, which are frequently sick to meet the growing demand for rehabilitation services. According to the World Health Organization (WHO), rehabilitation is an important component of Universal Health Coverage (UHC), which includes “promotion of good health, preventative medicine, treatment, and palliative care.” Thus, rehabilitation focuses on delivering functional independence in activities of daily life (ADL), participation in work, recreation, and education, with individual people achieving significant role in daily life. Clearly, rehabilitation is critical to achieving not only individual health benefits, but also an as a whole universal health goal that allows for the construction of a healthy and functional world’s population. There are numerous types of rehabilitation therapy, which are meant to address a specific range of issues. Their main goals are what they both have in common: To assist people in regaining functional capacity and independence lost due to illness, injury, surgery, stroke, cardiac events, or other medical issues. In this segment, we’ll go over six differ-

ent types of rehabilitation that are commonly used in treatment plans to achieve some these objectives. Physical therapy is a form of rehabilitation therapy that focuses on improving movement disorder. Using targeted exercise and a variety of other treatment methods, therapists work with patients to restore movement, strength, stability, and/or functional capacity while also reducing pain. Occupational Therapy – This type of therapy aims to restore a person’s ability to perform necessary daily tasks. Among other prospective treatment options, this could include working to improve fine motor control, restore balance, or assist the patient in learning how to boost their functional ability through the use of assistive devices. Speech Therapy – This type of rehabilitation therapy is used to address speech, interaction, and/or swallowing difficulties. Respiratory Therapy – This type of rehabilitation therapy is being used to help patients who do have respiration disorders or problems reduce respiratory distress, maintain open airways, and, when needed, learn how use inhalers and oxygen therapy properly. Cognitive Rehabilitation – This type of therapy, also referred to as cognitive rehabilitation, works with patients to improve their memory, starting to think, and reasoning skills. Vocational Recovery – This type of therapy focuses on preparing people to return to work due to injuries, illness, or medical event. Each type of rehabilitation is available in a variety of care settings. Acute inpatient facilities, outpatient rehabilitation clinics, as well as home-based treatment programs are examples of this process.

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CONFLICT OF INTEREST

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