
Postgraduate Certificate in Functional Assessment

Rehabilitation Strategies and Interventions

Rehabilitation Strategies and Interventions Glossary

1. **Adaptation:** The process of making changes to the environment or modifying tasks to enable an individual to participate fully in daily activities. Adaptation involves altering the physical environment or adjusting the way tasks are performed to accommodate a person's abilities or limitations.
2. **Assistive Technology:** Any device, equipment, or system that helps individuals perform tasks they would otherwise be unable to do or makes tasks easier to accomplish. Examples of assistive technology include wheelchairs, communication devices, and adaptive computer software.
3. **Biopsychosocial Approach:** An approach to rehabilitation that considers the biological, psychological, and social factors that influence an individual's health and well-being. This holistic approach addresses the interconnectedness of physical, mental, and social aspects of health.
4. **Constraint-Induced Movement Therapy (CIMT):** A rehabilitation technique that involves restricting the use of the unaffected limb to encourage the use and improvement of the affected limb. CIMT aims to promote neuroplasticity and motor recovery in individuals with impaired motor function.
5. **Cognitive Behavioral Therapy (CBT):** A form of psychotherapy that focuses on changing negative thought patterns and behaviors to improve mental health. CBT is often used in rehabilitation to help individuals cope with pain, manage stress, and overcome emotional barriers to recovery.
6. **Functional Capacity Evaluation (FCE):** An assessment that measures an individual's physical abilities and limitations related to work tasks. FCEs are used to determine an individual's readiness to return to work, identify job accommodations, and develop rehabilitation goals.
7. **Graded Motor Imagery (GMI):** A rehabilitation approach that uses mental imagery and mirror therapy to help individuals with chronic pain or movement disorders improve motor function. GMI aims to retrain the brain and reduce pain perception through visualizing movements.
8. **Multidisciplinary Team:** A team of healthcare professionals from different disciplines who work together to provide comprehensive care and support for individuals with complex rehabilitation needs. Multidisciplinary teams may include physiotherapists, occupational therapists, psychologists, and social workers.
9. **Neurodevelopmental Treatment (NDT):** A hands-on approach to rehabilitation that focuses on promoting normal movement patterns and motor control in individuals with neurological impairments. NDT aims to

facilitate motor learning and improve functional outcomes through guided movement techniques.

10. Occupational Therapy (OT): A healthcare profession that focuses on helping individuals develop or regain the skills needed to perform activities of daily living. Occupational therapists work with clients to improve independence, productivity, and quality of life through meaningful activities.

11. Patient-Centered Care: An approach to healthcare that prioritizes the individual's preferences, values, and goals in decision-making and treatment planning. Patient-centered care involves active collaboration between healthcare providers and patients to achieve optimal outcomes.

12. Physical Therapy (PT): A healthcare profession that focuses on restoring and improving physical function through exercise, manual therapy, and other interventions. Physical therapists work with individuals to reduce pain, improve mobility, and enhance strength and endurance.

13. Psychosocial Support: Emotional and social support provided to individuals undergoing rehabilitation to address the psychological and social impact of injury or illness. Psychosocial support may include counseling, group therapy, and community resources.

14. Resilience Training: A program designed to help individuals develop coping skills, adaptability, and mental toughness in the face of challenges or setbacks. Resilience training aims to enhance psychological well-being and promote successful rehabilitation outcomes.

15. Sensory Integration Therapy: A therapeutic approach that aims to improve sensory processing and integration in individuals with sensory processing disorders. Sensory integration therapy involves structured activities to help individuals regulate sensory input and enhance motor skills.

16. Task-Oriented Training: A rehabilitation approach that focuses on practicing functional tasks to improve motor skills and achieve specific goals. Task-oriented training emphasizes real-life activities and uses repetitive practice to promote skill acquisition and motor learning.

17. Telehealth: The use of technology to deliver healthcare services remotely, such as through video conferencing, mobile apps, or online platforms. Telehealth allows individuals to access rehabilitation services from a distance and receive ongoing support and monitoring.

18. Transitional Care: A coordinated approach to managing the transition from hospital to home or between care settings to ensure continuity of care and prevent complications. Transitional care may involve medication management, home modifications, and follow-up appointments.

19. Universal Design: The design of products, environments, and services that are accessible and usable by people of all ages and abilities. Universal design aims to create inclusive spaces that accommodate diverse needs and promote independence and participation.

20. Vocational Rehabilitation: A specialized form of rehabilitation that focuses on helping individuals with

disabilities or health conditions return to work or maintain employment. Vocational rehabilitation may include job training, job placement services, and workplace accommodations.

21. **Wellness Coaching:** A personalized approach to promoting overall health and well-being through lifestyle changes and self-management strategies. Wellness coaching helps individuals set and achieve health goals, improve self-care practices, and enhance quality of life.

22. **Wheelchair Seating and Mobility:** The assessment and provision of customized wheelchairs and seating systems to optimize comfort, posture, and function for individuals with mobility impairments. Wheelchair seating and mobility experts work with clients to ensure proper fit and support.

23. **Yoga Therapy:** A therapeutic practice that combines physical postures, breathing techniques, and meditation to promote physical, mental, and emotional well-being. Yoga therapy can help individuals manage pain, reduce stress, and improve flexibility and balance.

24. **Zero-Gravity Treadmill Training:** A rehabilitation technique that uses a specialized treadmill with adjustable body weight support to help individuals with gait and balance impairments. Zero-gravity treadmill training allows for controlled walking or running in a reduced-gravity environment.

25. **24/7 Monitoring:** Continuous monitoring of an individual's health status, activities, or vital signs using wearable devices, sensors, or remote monitoring systems. 24/7 monitoring allows healthcare providers to track progress, detect changes, and intervene in real time.

26. **Acute Rehabilitation:** Intensive rehabilitation services provided in a hospital setting immediately following a serious injury, illness, or surgery. Acute rehabilitation aims to optimize recovery, prevent complications, and prepare individuals for discharge or further rehabilitation.

27. **Augmented Reality (AR):** A technology that overlays digital information or virtual objects onto the real world through a device such as a smartphone or headset. Augmented reality can be used in rehabilitation for visual feedback, task training, and motor learning.

28. **Biofeedback:** A technique that provides real-time information about physiological processes, such as muscle activity or heart rate, to help individuals learn self-regulation and control. Biofeedback is used in rehabilitation to improve motor skills, reduce pain, and enhance relaxation.

29. **Case Management:** Coordination of healthcare services and resources to meet the individual's needs and achieve optimal outcomes. Case managers work with clients, families, and healthcare providers to develop care plans, monitor progress, and address barriers to rehabilitation.

30. **Community Reintegration:** The process of reintegrating individuals into their communities and social networks after a period of hospitalization or rehabilitation. Community reintegration focuses on promoting independence, participation, and quality of life in familiar environments.

31. **Constraint-Induced Aphasia Therapy (CIAT):** A specialized therapy approach that involves restricting the use of nonverbal communication to promote the use of verbal language in individuals with aphasia. CIAT aims to improve language production and communication skills through intensive practice.

32. **Dual-Task Training:** A rehabilitation technique that involves performing two tasks simultaneously to improve attention, coordination, and multitasking skills. Dual-task training challenges individuals to divide their attention and switch between tasks to enhance cognitive and motor abilities.

33. **Ergonomics:** The science of designing work environments, equipment, and tasks to fit the capabilities and limitations of the individual. Ergonomics aims to optimize safety, comfort, and efficiency in the workplace to prevent injuries and promote well-being.

34. **Functional Electrical Stimulation (FES):** A rehabilitation technique that uses electrical currents to stimulate muscles and nerves to improve motor function in individuals with paralysis or weakness. FES can help restore movement, reduce spasticity, and enhance muscle strength.

35. **Gaming Therapy:** The use of interactive video games or virtual reality simulations to engage individuals in rehabilitation exercises and activities. Gaming therapy can motivate individuals, increase participation, and improve motor skills through enjoyable and challenging gameplay.

36. **Hydrotherapy:** A form of physical therapy that involves exercises and activities performed in a pool or underwater environment. Hydrotherapy provides buoyancy, resistance, and temperature benefits to promote relaxation, pain relief, and improved mobility.

37. **Individualized Care Plan:** A personalized plan of care developed collaboratively with the individual, family, and healthcare team to address specific goals and needs. An individualized care plan outlines interventions, strategies, and timelines for rehabilitation and recovery.

38. **Joint Protection Techniques:** Strategies to minimize stress and strain on the joints during daily activities to prevent pain, inflammation, and joint damage. Joint protection techniques include proper body mechanics, ergonomic tools, and adaptive equipment to support joint health.

39. **Kinesiotaping:** The application of elastic tape to the skin to support muscles, joints, and soft tissues during movement and activities. Kinesiotaping can reduce pain, improve circulation, and enhance proprioception to facilitate healing and improve functional outcomes.

40. **Lymphedema Management:** Strategies and interventions to reduce swelling and improve circulation in individuals with lymphedema, a condition characterized by fluid retention and tissue swelling. Lymphedema management may include compression therapy, manual lymphatic drainage, and exercise.

41. **Mirror Therapy:** A rehabilitation technique that uses a mirror to create the illusion of movement in the affected limb by reflecting the unaffected limb. Mirror therapy can help reduce pain, improve motor function, and promote neuroplasticity in individuals with limb weakness or pain.

42. **Neuromuscular Reeducation:** A rehabilitation approach that focuses on retraining the neuromuscular system to improve muscle control, coordination, and movement patterns. Neuromuscular reeducation uses exercises, manual techniques, and sensory feedback to enhance motor learning.
43. **Orthotic Devices:** Customized braces, splints, or supports designed to stabilize joints, correct alignment, and improve function in individuals with musculoskeletal or neurological conditions. Orthotic devices can provide support, protection, and assistive assistance for mobility and activities.
44. **Pain Management Techniques:** Strategies to reduce and alleviate pain symptoms in individuals with acute or chronic pain conditions. Pain management techniques may include medication, physical therapy, relaxation techniques, and cognitive-behavioral interventions to improve quality of life.
45. **Quality of Life Assessment:** Evaluation of an individual's physical, emotional, social, and cognitive well-being to measure overall satisfaction and fulfillment. Quality of life assessments help identify areas of concern, set goals, and track progress in rehabilitation and recovery.
46. **Rehabilitation Engineering:** The application of engineering principles and technology to design assistive devices, adaptive equipment, and environmental modifications for individuals with disabilities. Rehabilitation engineers focus on improving accessibility, safety, and independence in daily activities.
47. **Self-Management Strategies:** Techniques and tools that help individuals take an active role in their health and well-being through education, goal setting, and problem-solving. Self-management strategies empower individuals to make informed decisions, monitor progress, and maintain health outcomes.
48. **Tele-Rehabilitation:** The delivery of rehabilitation services remotely through telecommunication technologies, such as video conferencing, phone calls, or mobile apps. Tele-rehabilitation allows individuals to access therapy, education, and support from home or other convenient locations.
49. **Upper Limb Prosthetics:** Customized artificial limbs designed to replace missing or amputated upper limbs, such as arms, hands, or fingers. Upper limb prosthetics aim to restore function, mobility, and aesthetics for individuals with limb loss through advanced materials and technologies.
50. **Vestibular Rehabilitation:** A specialized form of rehabilitation that focuses on improving balance, coordination, and dizziness in individuals with vestibular disorders. Vestibular rehabilitation includes exercises, balance training, and repositioning maneuvers to restore vestibular function and reduce symptoms.
51. **Work Hardening Program:** A structured rehabilitation program that simulates work tasks and environments to prepare individuals for a return to work. Work hardening programs focus on improving physical conditioning, job-specific skills, and work tolerance to facilitate successful reintegration into the workforce.
52. **Xenograft Skin Substitutes:** Biological materials derived from animal sources used to promote wound

healing and tissue regeneration in individuals with severe burns or skin injuries. Xenograft skin substitutes provide temporary coverage and support for damaged skin until natural healing occurs.

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