



# Neurological disorders

A neurological disorder is a condition which may affect the tissues in the brain, spinal cord or peripheral nerves (nerves in the arms or legs). These disorders may be acquired e.g. Stroke, Multiple Sclerosis, Parkinson's disease, Motor Neurone disease, Vestibular disorders and spinal or head injuries or congenital e.g. Muscular Dystrophy, Cerebral Palsy and Spina Bifida.

Following a brain/spinal injury one may experience:

- Paralysis.
- Weakness/stiffness in the limbs.
- Incoordination of body movements.
- Sensory impairment.
- Cognitive behavioural problems.
- Impaired balance.
- Postural malalignment.
- Pain and discomfort.
- Difficulty walking.
- Bladder and bowel dysfunction.
- Difficulties with activities of daily living.

Early individual assessment by a Chartered physiotherapist is essential for planning an appropriate treatment programme. The Chartered physiotherapist will carry out a detailed examination to identify your problems.



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re-education of balance reactions

The assessment will include analysis of posture, body movements and functional skills. Rehabilitation aims to enable a person to experience as normal a life as possible and to minimise the secondary effects of the condition e.g. pain, discomfort, muscle tightness and ultimately loss of function.

Specific treatment of a neurological condition may include some of the following:

- Techniques to improve strength, balance, posture, alignment of tissues and restoration of body movements.
- Techniques such as massage, stretching, mobilisation of tissues to promote movement and prevent stiffness and pain.
- Re-education of walking and daily living skills.
- Advice on positioning, lifting and handling techniques for families and carers.
- Prescription of walking aids/orthotics/splinting where necessary.

Your Chartered Physiotherapist will monitor your progress at each visit and adjust your treatment programme accordingly. The care of the person with a neurological disorder requires input from all the members of a highly skilled multidisciplinary team. Your physiotherapist will liaise with the team to ensure you receive the highest standard of care.

**A Chartered Physiotherapist is a university graduate with hospital-based training who has comprehensive knowledge of how the body works and has specialist training in the diagnosis and treatment of injuries.**



walking aids



education

