

3rd International Conference on

NEUROPSYCHIATRY AND SLEEP MEDICINE

8th International Conference on

NEUROLOGY AND BRAIN DISORDERS

September 21-22, 2018 | Philadelphia, USA



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Targeting the internal locus of control within neurological rehabilitation

When the brain and spinal cord is damaged by injury or disease then the individual may have physical, communication, psychological/cognitive and functional symptoms. It is of paramount importance that the person should be not given a generic prescription of rehabilitation. It is imperative for the treating therapist to assess the patients “motivation to move” which will be different for each patient and may involve trials of different techniques depending on their cognitive level. The individual's internal locus of control for this motivation then needs to be promoted and be central to the rehabilitation program. The complexity in this within neurological rehabilitation is due to the different facets of a person being disrupted by their condition compared to other rehabilitation pathways such as within orthopedics where the issues towards rehabilitation are often straightforward. This approach enables the client's needs to be the very center of the rehabilitation process and the therapist to focus away from prescriptive rehabilitation. This dynamic approach means that the therapist must be ready to change and adapt the program so the “key” facilitator for movement can be unlocked. It has been documented in research that patients who have an internal locus of control will have enhanced outcomes and the gains achieved by this model are efficient, effective and ethical. This talk will include the procedure to build this model for your neurological patient, describe input and discuss research of aspects of this model.

Biography

Ann Pimm MCSP is a Clinical Specialist in Neurological Physiotherapy after qualifying in 1989 she worked in the UK, Singapore and in Canada. After many years working in and outpatient neurological facilities she has developed her own business over the last 8 years. She has settled in the UK although she would like to be involved in supporting physiotherapy in developing countries. She specialized in treating brain and spinal injuries although she works with many other fascinating neurological conditions. She is passionate about disability inclusion and has developed an annual Accessible Festival in the UK to promote this.

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