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Gait rehabilitation for foot and ankle impairments in early rheumatoid arthritis: a feasibility study of a new gait rehabilitation programme (GREAT Strides)

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Abstract

Background: Foot impairments in early rheumatoid arthritis are common and lead to progressive deterioration of lower limb function. A gait rehabilitation programme underpinned by psychological techniques to improve adherence, may preserve gait and lower limb function. This study evaluated the feasibility of a novel gait rehabilitation intervention (GREAT Strides) and a future trial.

Methods: This was a mixed methods feasibility study with embedded qualitative components. People with early (< 2 years) rheumatoid arthritis (RA) and foot pain were eligible. Intervention acceptability was evaluated using a questionnaire. Adherence was evaluated using the Exercise Adherence Rating Scale (EARS). Safety was monitored using case report forms. Participants and therapists were interviewed to explore intervention acceptability. Deductive thematic analysis was applied using the Theoretical Framework of Acceptability. For fidelity, audio recordings of intervention sessions were assessed using the Motivational Interviewing Treatment Integrity (MITI) scale. Measurement properties of four candidate primary outcomes, rates of recruitment, attrition, and data completeness were evaluated.

Results: Thirty-five participants (58.6% female) with median age (inter-quartile range (IQR)) 60.1 (49.4–68.4) years and disease duration 9.1 (4.0–16.2) months, were recruited and 23 (65.7%) completed 12-week follow-up. Intervention acceptability was excellent; 23/23 were confident that it could help and would recommend it; 22/23 indicated it made sense to them. Adherence was good, with a median (IQR) EARS score of 17/24 (12.5–22.5). One serious adverse event that was unrelated to the study was reported. Twelve participants' and 9 therapists' interviews confirmed intervention acceptability, identified perceptions of benefit, but also highlighted some barriers to completion. Mean MITI scores for relational (4.38) and technical (4.19) aspects of motivational interviewing demonstrated good fidelity. The Foot Function Index disability subscale performed best in terms of theoretical consistency and was deemed most practical.

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Rehabilitation Of Early Rheumatoid Arthritis

Dr. Chandrashekara. S



Rehabilitation Of Early Rheumatoid Arthritis:

Rehabilitation of Early Rheumatoid Arthritis Matthew H. Liang,1992 Essentials of Physical Medicine and Rehabilitation E-Book Walter R. Frontera,Julie K. Silver,2018-09-26 Packed with practical up to date guidance Essentials of Physical Medicine and Rehabilitation 4th Edition by Walter R Frontera MD PhD Julie K Silver MD and Thomas D Rizzo Jr MD helps you prevent diagnose and treat a wide range of musculoskeletal disorders pain syndromes and chronic disabling conditions in day to day patient care This easy to use reference provides the information you need to improve patient function and performance by using both traditional and cutting edge therapies designing effective treatment plans and working with interdisciplinary teams that meet your patients current and changing needs An easy to navigate format provides quick access to concise well illustrated coverage of every essential topic in the field Presents each topic in a consistent quick reference format that includes a description of the condition discussion of symptoms examination findings functional limitations and diagnostic testing An extensive treatment section covers initial therapies rehabilitation interventions procedures and surgery Contains new technology sections in every treatment area where recently developed technologies or devices have been added to the therapeutic and rehabilitation strategies including robotic exoskeletons wearable sensors and more Provides extensive coverage of hot topics in regenerative medicine such as stem cells and platelet rich plasma PRP as well as a new chapter on abdominal wall pain Delivers the knowledge and insights of several new expert authors for innovative perspectives in challenging areas Offers a clinically focused affordable and focused reference for busy clinicians as well as residents in need of a more accessible and targeted resource Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Geriatric Rehabilitation K. Rao Poduri,2017-03-16 Geriatric Rehabilitation addresses the fact that this is an age in which individuals have increasing longevity better health care education and expectations of health care which present new increasing and even radical challenges to health care providers The care of our older patients in rehabilitation settings demands the broad understanding of the key differences in strategies to care for older adults The combined skills embraced in rehabilitation and geriatrics are presenting unprecedented opportunities for both fields to make substantive and even ground breaking improvements in the lives of millions of older adults who entrust their lives to us Rarely in one s medical career are such opportunities so evident and achievable Geriatric Rehabilitation edited by Dr K Rao Poduri MD FAAPMR draws on a distinguished group of authors who are the front line providers of care to the older adults This book presents the full spectrum of the unique care needs of older patients who need the combined skills of physical medicine and geriatrics It provides an easily accessible means of acquiring and improving these new skills for all those involved in geriatric care

Pharmacology in Rehabilitation, Updated 5th Edition Charles D. Ciccone,2022-01-24 Up to date must know coverage Bring your understanding of the rapidly evolving world of pharmacological agents and their impact on rehabilitation up to

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surgeons treating the hand and the upper extremity Rehabilitation of the Hand and Upper Extremity helps you return your patients to optimal function of the hand wrist elbow arm and shoulder Leading hand surgeons and hand therapists detail the pathophysiology diagnosis and management of virtually any disorder you re likely to see with a focus on evidence based and efficient patient care Extensively referenced and abundantly illustrated the 7th Edition of this reference is a must read for surgeons interested in the upper extremity hand therapists from physical therapy or occupational therapy backgrounds anyone preparing for the CHT examination and all hand therapy clinics Offers comprehensive coverage of all aspects of hand and upper extremity disorders forming a complete picture for all members of the hand team surgeons and therapists alike Provides multidisciplinary global guidance from a Who s Who list of hand surgery and hand therapy editors and contributors Includes many features new to this edition considerations for pediatric therapy a surgical management focus on the most commonly used techniques new timing of therapeutic interventions relative to healing characteristics and in print references wherever possible Features more than a dozen new chapters covering Platelet Rich Protein Injections Restoration of Function After Adult Brachial Plexus Injury Acute Management of Upper Extremity Amputation Medical Management for Pain Proprioception in Hand Rehabilitation Graded Motor Imagery and more Provides access to an extensive video library that covers common nerve injuries hand and upper extremity transplantation surgical and therapy management and much more Helps you keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management all clearly depicted with full color illustrations and photographs

Rehabilitation Medicine Core Competencies Curriculum Adrian Cristian,2014-09-04

Built around the six core competencies for physicians practicing rehabilitation medicine as required by the ACGME Physical Medicine and Rehabilitation Patient Centered Care Mastering the Competencies is a unique self directed text for residents Covering all aspects of patient centered care in the practice of physical medicine and rehabilitation the book provides a competency based approach to topics and conditions commonly encountered in this specialty Thoughtfully organized chapters offer easy to access clinical content for all major practice areas and the book s competency based goals and objectives also serve as a clear platform for educating physiatrists in training during their clinical rotations The first part of the book presents the foundations of the core competencies medical knowledge professionalism patient care practice based learning and improvement system based practice and interpersonal and communication skills with basic principles for application and also includes chapters on implementing educational milestones core professional education principles and building leadership skills In the second part experts in the field apply these core competencies to the management of common conditions including stroke spinal cord and brain injury amputation and prosthetics musculoskeletal disorders multiple sclerosis and much more Each of these chapters identifies goals and objectives for each competency and concludes with a representative case study and self assessment questions with answers and explanations The book also provides

references to key articles and links to internet based educational materials Practical tips how to and where to guides key points tables and charts also help to maintain current knowledge and competency in the many areas that comprise the field of PM R The book will be a valuable asset to physiatrists in training program directors and teaching faculty in rehabilitation medicine training programs and for continuing professional development Key Features Addresses core competencies for rehabilitation medicine physicians as required by the ACGME Covers all major physiatric practice areas with facts concepts goals and objectives following the competency model Grounded in a holistic patient centered approach Presents sample case studies with discussion points and self assessment questions with answer key and explanations for each area to track progress and build clinical acumen *Physical Medicine and Rehabilitation* Joel A. DeLisa, Bruce M. Gans, Nicholas E. Walsh, 2005 The gold standard physical medicine and rehabilitation text is now in its Fourth Edition with thoroughly updated content and a more clinical focus More than 150 expert contributors most of them new to this edition address the full range of issues in contemporary physical medicine and rehabilitation and present state of the art patient management strategies emphasizing evidence based recommendations This edition has two separate volumes on Physical Medicine and Rehabilitation Medicine Each volume has sections on principles of evaluation and management management methods major problems and specific disorders Treatment algorithms and boxed lists of key clinical facts have been added to many chapters

Pharmacology for Rehabilitation Professionals - E-Book Barbara Gladson, 2010-09-28 Now fully revised and updated Dr Barbara Gladson's Pharmacology for Rehabilitation Professionals 2nd Edition remains your best resource for understanding how various drugs affect patients during therapeutic exercise and rehabilitation Using case studies and engaging activities it helps you apply essential pharmacology information directly to rehabilitation practice New chapters a new reader friendly design new artwork and more enhance the text and bring you up to date with both basic pharmacologic principles as well as the mechanism of action and side effects of drugs commonly seen in rehabilitation practice Helps you develop effective exercise programs by providing drug exercise interactions from a pharmacokinetics perspective You will clearly see the implications for exercise for each specific condition and medication Presents case studies in every chapter that demonstrate the effects of various drugs on the diagnosis prognosis and interventions in physical therapy so you can more easily monitor patients for adverse drug effects Features engaging activities in every chapter ranging from patient interviews to challenging real life questions helping you retain and apply what you've learned Encourages you to use the latest research in your clinical decision making with evidence based content incorporated throughout Simplifies the complex topic of pharmacokinetics so that you will fully understand how it affects your individual patients and your care plans Guides you in using the Internet for online drug information with references to specific sites and when and how to use them to their fullest potential Discusses lifespan considerations such as age physical differences and obesity as well as the latest information on diabetes and glucose testing A new chapter on Complementary and Alternative Medicine in Pharmacology

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Rehabilitation of Persons with Rheumatoid Arthritis Rowland W. Chang, Patricia A. Lee, 1996 This book in the Rehabilitation Institute of Chicago Publication Series presents a multidisciplinary approach to patient rehabilitation including management protocols in nursing occupational therapy physical therapy speech therapy and vocational therapy The result of the cumulative experience of the staff of the Arthritis Center at the Rehabilitation Institute of Chicago this book also covers the psychological impact of rheumatoid arthritis family involvement and community resources

Physical Rehabilitation Susan B O'Sullivan, Thomas J Schmitz, George Fulk, 2019-01-25 Rely on this comprehensive curriculum spanning text and reference now and throughout your career You ll find everything you need to know about the rehabilitation management of adult patients from integrating basic surgical medical and therapeutic interventions to how to select the most appropriate evaluation procedures develop rehabilitation goals and implement a treatment plan Online you ll find narrated full color video clips of patients in treatment including the initial examination interventions and outcomes for a variety of the conditions commonly seen in rehabilitation settings

DeLisa's Physical Medicine and Rehabilitation: Principles and Practice Walter R. Frontera, Joel A. DeLisa, Bruce M. Gans, Lawrence R. Robinson, 2019-05-30 DeLisa s Physical Medicine and Rehabilitation Principles and Practice presents the most comprehensive review of the state of the art evidence based clinical recommendations for physiatric management of disorders affecting the brain spinal cord nerves bones joints ligaments muscles and tendons

Bone Disease in Rheumatology Michael J. Maricic, Oscar S. Gluck, 2005 Geared toward rheumatologists this book examines the diagnosis prevention and treatment of bone loss in patients with inflammatory diseases Drs Maricic and Gluck along with contributors from bone biology diagnosis imaging biomarkers and treatment have developed a comprehensive practical text on this specific aspect of rheumatology Bone Disease in Rheumatology provides cutting edge information on the pathophysiology of systemic and focal bone loss erosions in inflammatory disorders the tools used to assess and measure bone loss and the medications used in management of bone loss associated with rheumatic diseases The book also discusses common and uncommon metabolic bone disorders emphasizing state of the art management techniques

Yoga for Cardiovascular Disease and Rehabilitation Indranill Basu Ray, 2024-11-17 Yoga in Cardiovascular Disease and Rehabilitation Integrating Complementary Medicine into Cardiovascular Medicine highlights recent research clinical trials and experiments on yoga

and meditation as a preventative measure against various major cardiovascular diseases including hypertension hyperlipidemia coronary artery disease and metabolic syndromes Chapters discuss yoga s role in ameliorating cardiac dysfunction and current knowledge on the effects of yoga on the brain emotion and other factors that initiate and perpetuate vascular inflammation Cellular genetic and molecular effects of yoga based on experimental evidence are also covered in detail providing readers with the latest research on the effects of yoga and meditation in heart diseases This book also explores current knowledge gaps in yoga research to facilitate further research and is a comprehensive reference to scientists and clinicians interested in yoga s health effects including preventing and treating diseases Highlights recent research clinical trials and experiments on yoga and meditation as a preventative measure against various cardiovascular problems Covers all major heart diseases including hypertension hyperlipidemia coronary artery disease metabolic syndromes and more Adopts a translational approach exploring the cellular genetic and molecular effects of yoga on health based on the latest research evidence

Rheumatology Practice in Occupational Therapy Lynne Goodacre, Margaret McArthur, 2013-02-28 *Rheumatology Practice in Occupational Therapy Promoting Lifestyle Management* is a valuable new handbook focusing on rheumatology a core area of occupational therapy practice It provides practical guidance to help occupational therapists treat and manage rheumatic conditions in both clinical and community settings and emphasises a contemporary client centred approach as a fundamental requirement of effective and rewarding occupational therapy practice Drawing upon personal clinical and theoretical perspectives *Rheumatology Practice in Occupational Therapy* equips the reader with an understanding of the relevant practical skills and of the clinical reasoning required to modify and apply these skills to the needs of individual people Written by experts from occupational therapy sociology and psychology this book addresses the need to adapt occupational therapy interventions to each client s own experience of living with a rheumatic condition and develops the reader s understanding of key theoretical and clinical approaches to person centred management *Rheumatology Practice in Occupational Therapy* is essential reading for all occupational therapists helping people with rheumatic conditions in hospital and community settings and for students preparing for practice It will also be of interest to other healthcare professionals working with people with these conditions Includes personal narratives of people trying to live their lives within the context of a debilitating condition Promotes understanding of key theoretical and clinical approaches to person centred management Written by authors with extensive experience in clinical and research contexts Offers practical resource sections at the end of each chapter Related titles *Occupational Therapy and Older People* 2nd Edition Anita Atwal Anne McIntyre 978 1 4443 3333 6 *Role Emerging Occupational Therapy Maximising Occupation Focused Practice* Miranda Thew Mary Edwards Sue Baptiste Matthew Molineux 978 1 4051 9782 3 *Interprofessional Rehabilitation A Person Centred Approach* Sarah G Dean Richard J Siegert William J Taylor 978 0 470 65596 2

Physical Medicine and Rehabilitation Patient-Centered Care Soroush Batmangelich, Adrian Cristian, 2014-09-04 Built around the six core

competencies for physicians practicing rehabilitation medicine as required by the ACGME Physical Medicine and Rehabilitation Patient Centered Care Mastering the Competencies is a unique self directed text for residents Covering all aspects of patient centered care in the practice of physical medicine and rehabilitation the book provides a competency based approach to topics and conditions commonly encountered in this specialty Thoughtfully organized chapters offer easy to access clinical content for all major practice areas and the book s competency based goals and objectives also serve as a clear platform for educating physiatrists in training during their clinical rotations The first part of the book presents the foundations of the core competencies medical knowledge professionalism patient care practice based learning and improvement system based practice and interpersonal and communication skills with basic principles for application and also includes chapters on implementing educational milestones core professional education principles and building leadership skills In the second part experts in the field apply these core competencies to the management of common conditions including stroke spinal cord and brain injury amputation and prosthetics musculoskeletal disorders multiple sclerosis and much more Each of these chapters identifies goals and objectives for each competency and concludes with a representative case study and self assessment questions with answers and explanations The book also provides references to key articles and links to internet based educational materials Practical tips how to and where to guides key points tables and charts also help to maintain current knowledge and competency in the many areas that comprise the field of PM R The book will be a valuable asset to physiatrists in training program directors and teaching faculty in rehabilitation medicine training programs and for continuing professional development Key Features Addresses core competencies for rehabilitation medicine physicians as required by the ACGME Covers all major physiatric practice areas with facts concepts goals and objectives following the competency model Grounded in a holistic patient centered approach Presents sample case studies with discussion points and self assessment questions with answer key and explanations for each area to track progress and build clinical acumen

Managing Rheumatoid Arthritis - Question and Answer - Diagnosis to DMARDs Dr. Chandrashekara. S, 2016-01-01 Rheumatoid arthritis is an inflammatory autoimmune disease which may result in severe disabilities and deformities if not diagnosed early and managed with adequate dose of DMARDs The early diagnosis is often impaired by initial atypical presentations and its close mimic to other autoimmune rheumatic diseases From the point of diagnosis to treatment of the disease the practicing rheumatologist confronts various challenges With an intention to address such challenges and to develop a quick reference guide for all clinicians author started publishing the question and answer series on rheumatoid arthritis since 2012 The answers provided are substantiated by well accepted guidelines literature evidence and clinical experience These answers can assist decision making in diverse clinical circumstances Author has made a sincere attempt to make the compiled volume more scenario oriented

Autoimmune Diseases—Advances in Research and Treatment: 2012 Edition , 2012-12-26 Autoimmune Diseases Advances in Research and Treatment 2012 Edition is a

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Table of Contents Rehabilitation Of Early Rheumatoid Arthritis

1. Understanding the eBook Rehabilitation Of Early Rheumatoid Arthritis
 - The Rise of Digital Reading Rehabilitation Of Early Rheumatoid Arthritis
 - Advantages of eBooks Over Traditional Books
2. Identifying Rehabilitation Of Early Rheumatoid Arthritis
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Rehabilitation Of Early Rheumatoid Arthritis
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rehabilitation Of Early Rheumatoid Arthritis
 - Personalized Recommendations
 - Rehabilitation Of Early Rheumatoid Arthritis User Reviews and Ratings
 - Rehabilitation Of Early Rheumatoid Arthritis and Bestseller Lists
5. Accessing Rehabilitation Of Early Rheumatoid Arthritis Free and Paid eBooks
 - Rehabilitation Of Early Rheumatoid Arthritis Public Domain eBooks
 - Rehabilitation Of Early Rheumatoid Arthritis eBook Subscription Services
 - Rehabilitation Of Early Rheumatoid Arthritis Budget-Friendly Options

6. Navigating Rehabilitation Of Early Rheumatoid Arthritis eBook Formats
 - ePub, PDF, MOBI, and More
 - Rehabilitation Of Early Rheumatoid Arthritis Compatibility with Devices
 - Rehabilitation Of Early Rheumatoid Arthritis Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rehabilitation Of Early Rheumatoid Arthritis
 - Highlighting and Note-Taking Rehabilitation Of Early Rheumatoid Arthritis
 - Interactive Elements Rehabilitation Of Early Rheumatoid Arthritis
8. Staying Engaged with Rehabilitation Of Early Rheumatoid Arthritis
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rehabilitation Of Early Rheumatoid Arthritis
9. Balancing eBooks and Physical Books Rehabilitation Of Early Rheumatoid Arthritis
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rehabilitation Of Early Rheumatoid Arthritis
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Rehabilitation Of Early Rheumatoid Arthritis
 - Setting Reading Goals Rehabilitation Of Early Rheumatoid Arthritis
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Rehabilitation Of Early Rheumatoid Arthritis
 - Fact-Checking eBook Content of Rehabilitation Of Early Rheumatoid Arthritis
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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