



CommCare Corporation

Arthritis: A Team Care Approach

Physical Therapy

- Goal** Maximize safe & independent mobility
- Objectives**
 - Build strength & endurance
 - Improve balance & coordination
 - Improve lower extremity joint range of motion & function
 - Improve transfers and ambulation
 - Improve safety awareness
 - Reduce pain that affects mobility
 - Manage orthotic/prosthetic and assistive device
 - Select appropriate wheelchair
- Modalities**
 - Superficial heat or cold
 - Deep heat
 - Electrical stimulation
 - Massage to reduce pain and spasm & promote stretching
 - Therapy for wound care
 - Manual techniques to improve ROM & pain reduction

Occupational Therapy

- Goal** Maximize safe ADL performance & functional mobility
- Objectives**
 - Build upper extremity strength, fine motor skills Coordination & dexterity
 - Improve upper extremity joint range of motion
 - Reduce pain that affects ADL performance
 - Maximize visual-perceptual & cognitive skills
 - Maximize home and financial management
 - Promote safety awareness
- Techniques**
 - Encourage clothing & footwear modifications for ease of use
 - Use of assistive & adaptive equipment to compensate for deficits
 - Design & management of upper extremity orthotics to stabilize & protect painful or weak joints or to facilitate use of utensils
 - Energy conservation techniques
 - Safety awareness techniques to promote safe, independent ADLs
- Modalities**
 - Deep heat
 - Electrical stimulation
 - Massage to reduce pain & spasm & promote stretching
 - Manual techniques for improving ROM & pain reduction

Arthritis & the Elderly

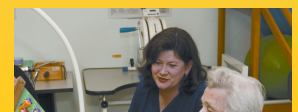
There are many forms of arthritis, ranging from rheumatoid arthritis to gout and lupus; however, osteoarthritis is the most prevalent type of arthritis, particularly in adults 65 years and older.

Osteoarthritis is a chronic degenerative joint disease that frequently leads to chronic pain and disability. With the aging of our population, this condition is becoming increasing prevalent.

Osteoarthritis is an important consideration when addressing deconditioning following an acute event, recovery from orthopedic surgery or stroke.

Our interdisciplinary team works together to address the symptoms and needs associated with arthritis.

Therapy





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Speech & Language Pathology

Goal Improve communication & safety awareness

Objectives Improve neurologic communication deficits
Family training

Devices Augmentative communication to report pain
Visual cues for improved safety

Nursing

Objectives Monitor for potential medical events
Medication monitoring
Pain management
Evaluation & management of bowel & bladder dysfunction

Activity Director

Goal Develop or enhance activity skills

Objectives Develop structured leisure activities that promotes socialization

Method Group & individual activities

Social Worker

Goal Maximize informal & formal support to enhance independence

Method Identify and make available informal supports
Offer resources
Provide education, support & counseling

Nursing



Activities



Nutrition



Social Services

