

Rheumatology Therapy Service

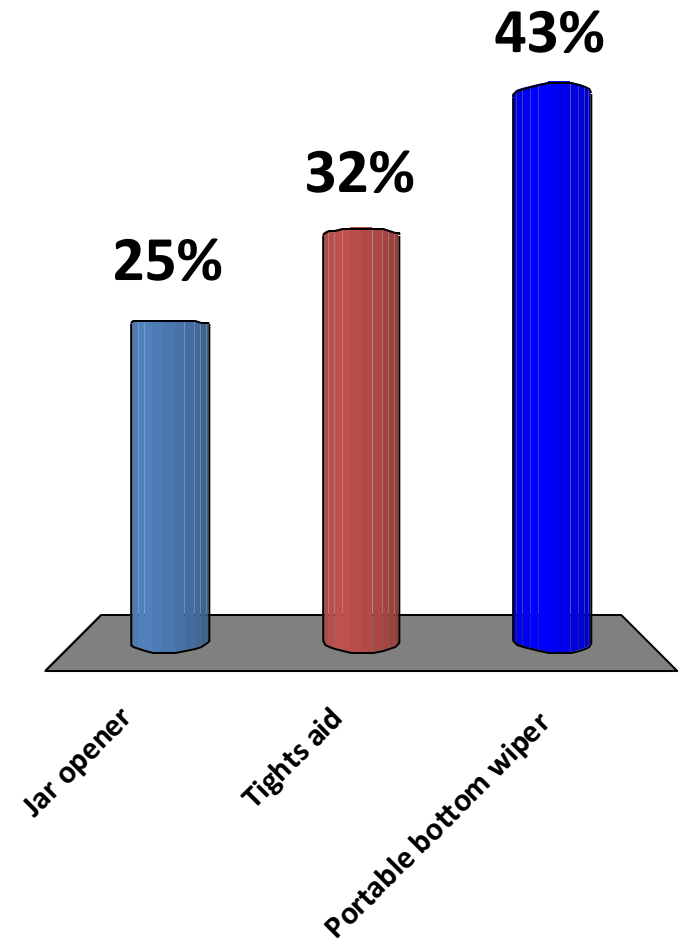
Occupational Therapy and Physiotherapy

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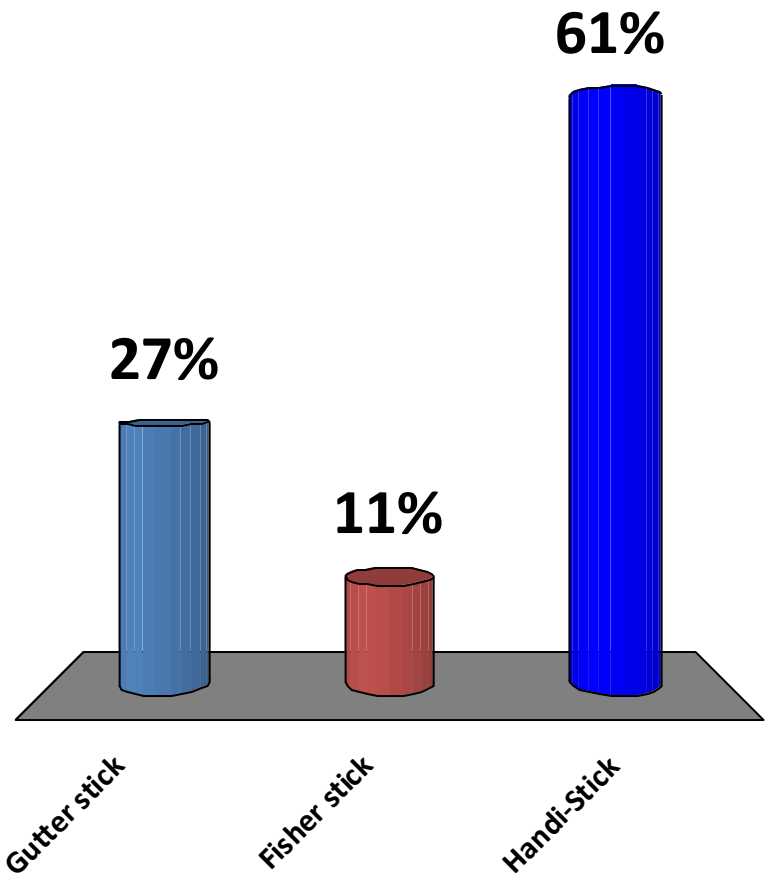
What is this equipment?

- A. Jar opener
- B. Tights aid
- C. Portable bottom wiper



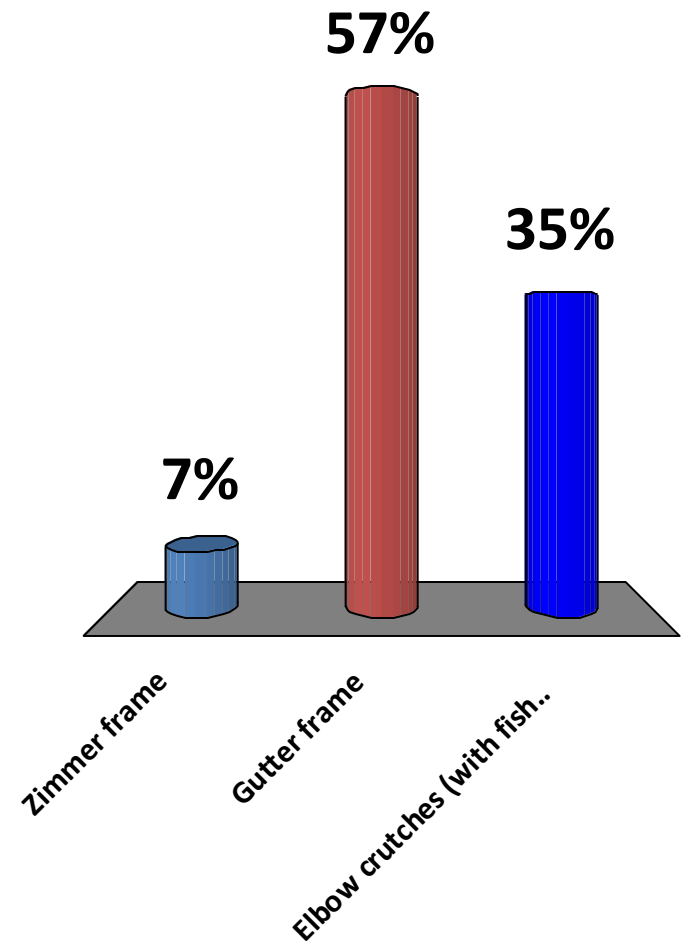
What is the name given to this walking aid?

- A. Gutter stick
- B. Fisher stick
- C. Handi-Stick



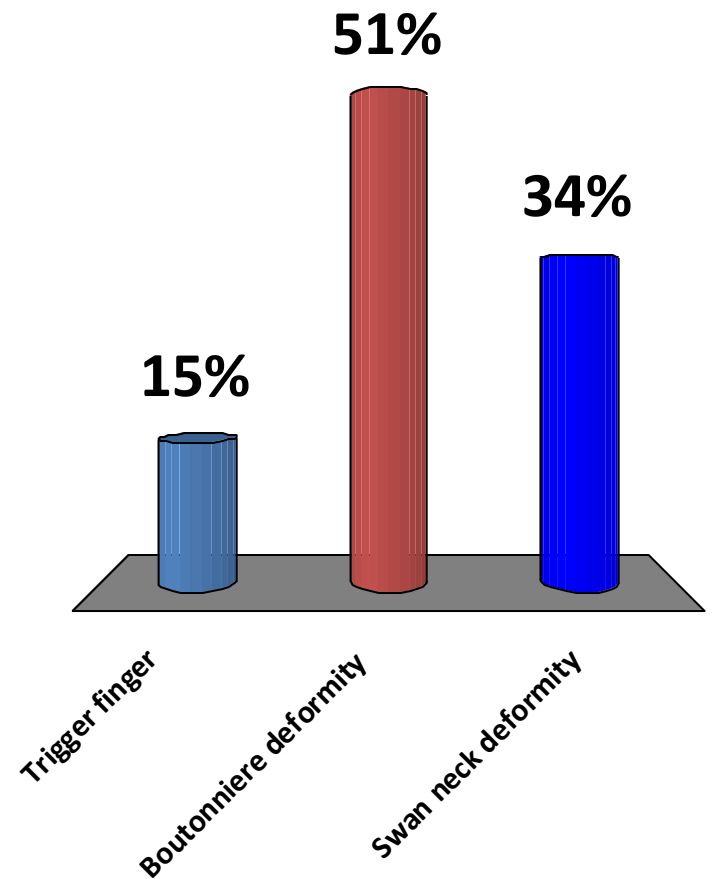
A patient is in an acute flare of RA and is struggling to mobilise. They are experiencing severe pain and swelling at bilateral knees and wrists. Which mobility aid might you choose for this patient?

- A. Zimmer frame
- B. Gutter frame
- C. Elbow crutches (with fisher handles)



What could this be used for?

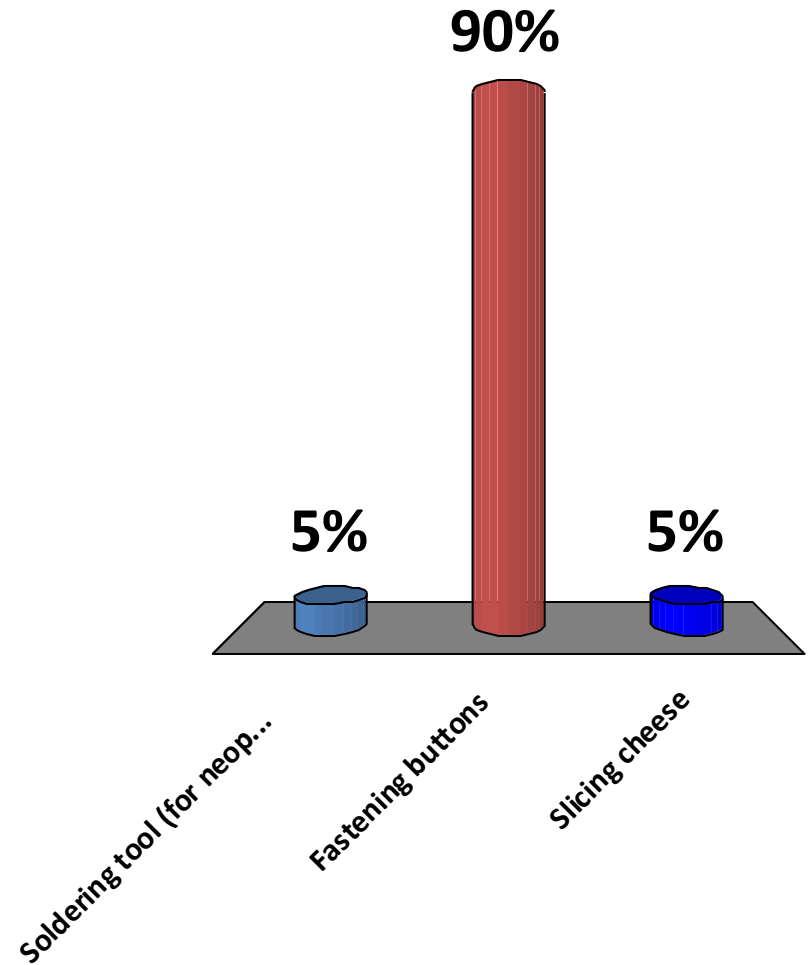
- A. Trigger finger
- B. Boutonniere deformity
- C. Swan neck deformity



What is this piece of equipment used for?

- A. Soldering tool (for neoprene splinting)
- B. Fastening buttons
- C. Slicing cheese

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Aims of Therapy

The aim of Occupational Therapy (OT) and Physiotherapy is to enable a person to maximise their mobility, independence with everyday activities and daily function to enhance their health and wellbeing.

Referrals

We accept referrals from any of the Rheumatology MDT. We also offer therapy for Rheumatology patients referred from out of area hospitals.

Patients with inflammatory arthritic conditions and chronic pain syndromes such as fibromyalgia are assessed and managed by our service.

On exception we will take GP referrals for patients on the shared care pathway.

If appropriate we will refer patients on to the following:

- Hydrotherapy
- Gym classes
- Community physiotherapy
- Orthotics/podiatry
- Equipment and Adaptations
- Mental health access team
- OT
- Physio

Shared care pathway –conditions

Physiotherapy Role

Treatment Interventions may include:

- Education
- Individualised exercise programmes
- Group exercise (if appropriate)
- Pain management
 - Acupuncture
 - Tens
 - Advice on pacing
 - Posture and joint positioning
- Gait re-education/provision of walking aids (if appropriate)
- Manual therapy
- Signposting to external agencies/groups e.g. Tai Chi/Pilates

OT Role

Treatment in both disciplines has the underpinning focus of self management.

Treatment Interventions may include:

- Activities of daily Living –We provide or recommend small aids and equipment to assist with overcoming everyday problems.
- Joint protection education
- Splinting
- Vocational Rehabilitation
- Pain management
- Reports/supporting letters – PIP, housing, ESA
- Signposting to external agencies e.g. DIAL and local support groups

Thank you

