Rehabilitation Worksheet

Complete this to learn how rehabilitation may be helpful. Ask your neurologist for a referral to a specialist if you are experiencing any of the problems noted below.

Physical Therapy: Specializes in physical movement such as posture, joint pain, muscle flexibility and strength, balance and mobility, and provides exercise programs.

- I need an exercise program specifically for my neurologic condition
- I am ready to increase my exercise level and activities
- I have pain that limits my activities or mobility
- I get out of breath easily when walking or feel tired most of the day
- I have trouble getting out of a chair, car or bed
- I am having trouble with walking, falling or fear of falling
- I have problems with freezing while trying to walk
- My posture is changing
- I need a walking aid such as a cane or walker
- I have exercise limitations
- My care-partner needs information how to help me move
- I have joint or muscle pain or spasms
- I have problems with coordination
- I have mobility issues that keep me from going out
- I feel dizzy when I move
- I have lost power in my legs or tire easily
- I cannot stand for very long
- I fall or have a fear of falling

Occupational Therapy: Specializes in upper body function, dexterity, self-care, medication management, daily activities, driving, transportation, and resources for independence.

- I am ready or wish to return to work
- I have problems completing tasks or organizing my day
- I need more information on how to organize my medications
- I need help or have more difficulty with dressing or bathing
- Tasks are taking longer
- I have fatigue, pain, weakness, coordination or thinking problems
- I need help with tasks, chores, work or hobbies
- I have trouble with my vision

Excerpt from DBS: A Patient Guide to Deep Brain Stimulation
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Rehabilitation Worksheet (Continued)

- I have problems with freezing while trying to walk
- I am fearful of falling or fall often
- I need help with home safety
- I need help reviving my hobbies or other social interests
- I need a workplace evaluation
- I have trouble getting out of bed, chair or car
- I need help with preparing a meal
- I have trouble sleeping or moving in bed
- I am concerned about driving or have transportation problems
- I have motivation problems that affect my participation in daily activities

Speech Therapy: A comprehensive speech and voice evaluation is completed by a speech language pathologist. Therapy can help voice symptoms, swallowing difficulties, conversation and communication problems.

- I have problems swallowing food, liquid or pills
- I need to know which foods to avoid due to my swallowing problem
- I have lost more than ten pounds without trying recently
- I have excessive drooling and/or cough when I eat or drink
- I choke or worry about choking
- I have problems with my speech
- I have problems being heard or difficulty communicating
- I have word finding problems

Nutrition Consult: A registered dietician is trained to provide diet and nutritional counseling to improve nutrition, weight control, cholesterol, low and high blood pressure, leg swelling and diabetes.

- I am gaining weight (a side effect of STN stimulation) after DBS
- I am having trouble eating food due to a swallowing problem
- I am having trouble gaining weight
- My meals are interfering with my medications
- I have food sensitivities, gluten sensitivity or celiac disease
- I have diabetes or kidney disease
- I experience bowel problem or constipation
Rehabilitation Worksheet (Continued)

Psychology/Neuropsychology Evaluation: Specializes in the evaluation of mood changes, adjustment, anxiety and support or thinking.

- DBS has improved my symptoms but I am having trouble adjusting
- I am having trouble with my DBS and this is causing anxiety
- I have confusion, memory problems, or problems making decision
- I have more days feeling down than feeling good
- I have anxiety that interferes with my day to day activities
- I have thoughts or concerns that keep me awake at night
- My caregiver seems to be on edge, worried, or depressed

Social Work Evaluation: Provides emotional support, community resources and adjustment with an emphasis on quality of life.

- I need help finding what resources are available in your community
- I have questions regarding in home care or housing
- I am a caregiver in need of respite care
- I am interested in attending a support group for caregivers or patients
- I have interests I would like to pursue but unsure where to start
- I need help with coping
- I am having trouble communicating with others
- I am feeling overwhelmed
- I need a stronger support network

Notes: