

Most Common Conditions	Rehabilitation Management and Treatment
Cerebral Palsy	<ul style="list-style-type: none"> • Spasticity Management: <ul style="list-style-type: none"> ○ Enteral anti-spasticity medications (baclofen, benzodiazepines, tizandine, dantrolene) ○ Focal chemodestruction/neurolysis (Botulinum toxin, phenol) ○ Surgical management (intrathecal baclofen, orthopedic surgery) • PT/OT - range of motion/contracture prevention, strengthening. • ST – communication, dysphagia • Wound Care • Bracing and equipment – AFOs, wheelchair, mobility aids • Hip and Spine Surveillance • Sexual Health • Feeding and nutrition
Spina Bifida	<ul style="list-style-type: none"> • Management of neurogenic bladder/bowel • Subspecialist surveillance - urology, neurosurgery • PT/OT - range of motion/contracture prevention, strengthening. • Spasticity Management • Equipment: wheelchair, orthotics • Sexual Health
Traumatic Brain Injury	<ul style="list-style-type: none"> • Physical/Occupational/Speech Therapy • Neuropsychology for cognitive deficits • Enteral medications for neurostimulation • Spasticity management • Management of behaviors and impulsivity • Counseling • Bowel and Bladder Continence Management • Seizure Management
Spinal Cord Injury	<ul style="list-style-type: none"> • Skin protection • Pain control • Autonomic dysreflexia • Management of neurogenic bowel and bladder • Sexual health/fertility • DVT prophylaxis • Spasticity Management • Bracing and equipment – AFOs, wheelchair, mobility aids, bathing/toileting equipment
Down Syndrome	<ul style="list-style-type: none"> • Dietary Monitoring • Bracing (typically hypotonia) • Exercise • Sexual health/gynecological care • Avoid polypharmacy • Subspecialist surveillance (cardiology, pulmonology/sleep medicine)
Spinal Muscular Atrophy	<ul style="list-style-type: none"> • Management of lung disease • Spine Surveillance • Sexual Health • Contracture prevention • Bowel Constipation • Dysphagia Surveillance • Equipment: powered mobility, augmentative communication
Duchenne and Becker Muscular Dystrophy	<ul style="list-style-type: none"> • Steroid use • AFOs • Equipment: wheelchairs, orthotics • Regular exercise • Subspecialist surveillance (cardiology, pulmonology)
Ehlers-Danlos Syndrome	<ul style="list-style-type: none"> • Skin Care • Balance and strength therapy/exercises • High impact sports should be avoided • Pain control
Juvenile Idiopathic Arthritis	<ul style="list-style-type: none"> • Pain and inflammation control • Steroid Injections /Topical Corticosteroids • Shoe modifications and supportive orthoses • Joint protection