

Neurological Physiotherapy

It is estimated that over 700,000 people in Ireland live with a neurological condition, representing about 17% of the total population. These are conditions which affect the brain, spinal cord and nerves. Neurological physiotherapy is a special area of physiotherapy for people with these conditions. Examples of those physiotherapy can help include:

- Multiple Sclerosis
- Parkinson's Disease
- Stroke
- Balance and co-ordination problems, including ataxia
- Facial/Bells Palsy
- Dystonia
- Peripheral Neuropathy
- Spinal Cord Injury
- Acquired Brain Injury.

Any of the above conditions can have an impact on a persons' quality of life, making normal activities such as walking, working and leisure pursuits more difficult. The goal of physiotherapy is to minimise the effect your condition has on your life. We aim to resolve as many symptoms as possible, and for those which cannot be cured we aim to help you learn how to compensate and manage them on a day-to-day basis. We treat people at all stages of the condition, be it a new diagnosis or a longstanding problem. It may be an old problem which has become more of an issue as a person ages.

What does it involve?

Our physiotherapists train specially in treatment techniques for neurological conditions to provide the best possible service. A lot of research is carried out in this area so our physiotherapists strive to always keep abreast of new developments that may benefit patients.

Because neurological conditions are complex, the first thing the physiotherapist will do is an in-depth assessment of your condition and the particular problems it causes you. This involves questions, measurements and tests.

Together, the therapist and patient design a management plan that will best address the problems. Treatments include:

- Normal movement and gait re-education
- Postural re-education
- Stretching and strengthening exercises
- Splinting and casting
- Walking practice and walking aids
- Exercises for balance and dizziness
- Pain relief
- Bobath approach
- Education/advice for home

Some people need only to attend once or twice. Other people may attend for a few weeks, and then once every few months thereafter. Your physiotherapist will discuss what would be best for you as an individual.

Our neurological physiotherapy service is available for everyone, so if you have a condition that you need help with please contact the department to discuss your options. This service is very specialised and led by Mairead Collins, Senior Physiotherapist