

دليل الاختصاص في الطب الفيزيائي والتأهيل الطبي

مقدمة:

نظرا للحاجة الماسة لاختصاص التأهيل الطبي في العراق ولمواكبة التطور الهائل في هذا المجال عالميا، نقترح استحداث دراسة تحت مسمى (الطب الفيزيائي و التأهيل الطبي).

* يمنح الطالب خريج هذا الفرع لقب زميل المجلس العراقي للاختصاصات الطبية في الطب الفيزيائي و التأهيل الطبي بعد اتمامه متطلبات الدراسة.

الطب الفيزيائي: هو أحد الفروع الطبية الذي يهتم بتشخيص المرضى المصابين بضعف وظيفي (حسي أو استعرافي أو حركي) وتقييمهم وتدريبهم.

ويمتاز من باقي الاختصاصات الطبية بأنه يتابع يوميا حالة المريض المصاب بعجز وظيفي، ويؤهله بوسائل العلاج الفيزيائي للوصول إلى أفضل مستوى ممكن من المهارة الوظيفية.

التأهيل الطبي: يهتم التأهيل الطبي باستعادة القدرة الوظيفية للجزء المصاب بإعاقة، كما يهتم بعودة المريض إلى عمله عضواً فعالاً في المجتمع دون أن تؤثر إعاقته في عمله. وقد عرفت منظمة الصحة العالمية إعادة التأهيل بأنه الجهد المشترك والمنسق في استخدام الوسائل المهنية في علاج المرضى المصابين بعجز وظيفي للوصول إلى أفضل مستوى ممكن من المهارة الوظيفية المهنية، وكلما اقترب المريض من هذه الغاية، كان أكثر فعالية واستقلالية في المجتمع. وإن دور إعادة التأهيل هو تكييف المريض مع العجز الوظيفي من خلال تعليمه كيفية الاستفادة من كل إمكاناته الوظيفية

أهداف الدراسة:

- تهدف الدراسة لاعداد وتخرج اطباء اختصاص في مجال الطب الفيزيائي والتأهيل الطبي على مستوى عال من القدرة العلمية والعملية على تشخيص وعلاج الأمراض والاعاقات وملمين بالمستجدات الحديثة في هذا المجال للقيام بتلبية حاجة البلد الماسة لهذا الاختصاص في الوقت الراهن
- القدرة استقبال المرضى مباشرة او المحولين من جميع الاختصاصات والقطاعات الطبية المختلفة.
- القدرة على اجراء الفحص الطبي السريري واجراء التداخلات والفحوصات التشخيصية وما قد يحتاج الى استشارات طبية للوصول الى التشخيص الدقيق.
- القدرة على وضع البرامج العلاجية والتأهيلية وتحديد الاهداف مع الحرص على ان تغطي هذه الاهداف احتياجات المرضى الفردية والإشراف المباشر على تنفيذها.

اضافة الى انتاج طرق تأهيله وقائيه وتزويد المرضى بنشرات ووسائل ارشادية.

- تقييم الاعاقات الجسدية والعجز الوظيفي وإصدار التقارير الرسمية الشاملة بالخصوص.

- من خلال التقييم المستمر ، يتم التدرج بالبرنامج العلاجي والتأهيلي حسب تطور الحالة المرضية، مع المحافظة على الاهداف قصيرة وبعيدة المدى التي تم وضعها من قبل الفريق المعالج.
- العمل على تطوير الملاكات الطبية المتوفرة حاليا في العراق والعاملة في مجال الطب الفيزيائي بالتأهيل الطبي للنهوض بواقع المراكز المنتشرة في بغداد والمحافظات.
- المساهمة في اقامة النشرات والندوات محليا للاسهام في رفع الوعي العام بأهمية هذا الاختصاص المهم حاليا.

الحالات التي يعالجها اختصاصيو الطب الطبيعي والتأهيل

- تأهيل حالات بتور الاطراف للكبار والأطفال
- تأهيل أمراض و إصابات النخاع الشوكي و العمود الفقري للكبار والأطفال
- تأهيل أمراض وإصابات الدماغ و الأعصاب للكبار والأطفال
- تأهيل أمراض الجهاز العضلي الحركي للكبار والأطفال
- تأهيل أمراض المفاصل و الامراض الرثوية وهشاشة العظام
- تأهيل الإصابات الرياضية
- التأهيل لمرضى الجهاز التنفسي و القلب و الدورة الدموية
- تأهيل إصابات الحروق
- معالجات الألم

شروط القبول:

تخضع الدراسة لنفس شروط القبول الخاصة بالمجلس العراقي للاختصاصات الطبية. ويقبل خلال السنة الاولى للدراسة ستة طلاب ويخضع العدد للتغيير حسب المستجدات.

برنامج التدريب

- مدة التدريب هي اربع سنوات كطبيب مقيم أقدم
- تقع الدراسة تحت مظلة المجلس العلمي للطب الباطني

المنهاج التدريبي خلال السنة الاولى:

وينقسم الى جزئين رئيسيين

أولاً: التدريب السريري: وينقسم الى

➤ ستة أشهر يقضيها الطالب كقيم اقدم في وحدات الطب الباطني مع القيام بالوظائف التالية:

■ زيارة المرضى الراقدين برفقة المديرين يوميا

■ حضور الزيارة الكبرى مع جميع الاستشاريين مرة اسبوعيا

■ حضور الدوام في الاستشارية مع المديرين

■ القيام بواجبات خفارات الطوارئ الباطنية

■ التدريب على حضور وادارة الحلقات الدراسية

■ حضور المحاضرات العلمية ومعدل محاضرة اسبوعيا

■ حضور الاجتماعات الطبية الاسبوعية لفرع الطب

■ المشاركة الفاعلة في نادي المجلة

■ حضور الندوات والمؤتمرات العلمية المحلية والعالمية.

➤ ستة أشهر يقضيها الطالب في فروع الطب الباطني التخصصية وكالتالي:

■ شهرين كقيم أقدم في ردهة أمراض المفاصل

■ شهرين كقيم أقدم في ردهات الأمراض العصبية والفسلجة العصبية

■ شهرين كقيم أقدم في ردهة الامراض النفسية

يجري الطالب في نهاية السنة الاولى امتحانا نظريا.

ثانياً: دراسة العلوم الأساسية ذات الصلة المباشرة باختصاص الطب الفيزيائي والتأهيل الطبي وتشمل كلا من: التشريح البشري, الفيزياء

الحركية, و فسلجة الجهاز الحركي و العصبي.

يتم تناول هذه المواد على مدار السنة الاولى وعلى هيئة ساعات بما يقارب ساعتين اسبوعيا يمنح خلال هذه الساعات الطالب تفرغا من واجبات التدريب السريري.

التدريب خلال السنة الثانية: ويشمل:

- شهرين كمقيم أقدم في ردهة الجراحة العصبية
- شهر كمقيم أقدم في ردهة الامراض البولية
- شهر واحد كمقيم أقدم في شعبة الحروق
- شهرين كمقيم أقدم في ردهات الكسور
- أربعة أشهر من التدريب في العلاج الطبيعي والتأهيل العام ويشمل تأهيل امراض الجهاز العضلي الحركي.
- شهرين من التدريب في مركز للطب الرياضي

التدريب خلال السنة الثالثة ويشمل:

- شهرين من التدريب في مركز تأهيل الامراض العصبية.
- أربعة أشهر في مركز تأهيل اصابات الحبل الشوكي.
- أربعة أشهر من التدريب في مركز الاطراف الصناعية.
- شهرين من التدريب فيمركز تأهيل اصابات الدماغ.
- يكلف الطالب بالاعداد لبحث كجزء من متطلبات الدراسة.
- يجري امتحان وسطي لتقييم الطلبة خلال السنة الثالثة من الدراسة.

التدريب خلال السنة الرابعة ويشمل:

- ثلاثة أشهر من التدريب في مركز اعادة تأهيل الاطفال.
- شهرين من التدريب لاعادة تأهيل الامراض القلبية
- شهرين من التدريب لاعادة تأهيل الامراض التنفسية والانعاش الرئوي
- شهرين من التدريب في مركز للسمع والتخاطب
- شهر من التدريب في طب الالم
- شهرين من التدريب لاعادة التأهيل المجتمعي والحرفي
- ❖ يجري الطالب في نهاية السنة الرابعة امتحانا نهائيا مكونا من جزئين نظريين ورقتيين وسريري وحسب ضوابط المجلس العراقي للاختصاصات الطبية.

❖ كما يقوم باتمام مناقشة البحث الذي سبق وان تم الاعداد له خلال السنة الثالثة للدراسة.

المراكز التدريبية

1. مستشفى ابن القف لتأهيل إصابات الحبل الشوكي.
2. مركز العلاج الطبيعي في صدر القناة.
3. مركز الأطراف والمساند في صدر القناة.
4. مركز بغداد للأطراف الصناعية.
5. مركز الطب الرياضي في وزارة الرياضة والشباب.
6. المراكز التدريبية الباطنية والجراحية المعترف بها من قبل المجلس العراقي للاختصاصات الطبية.

Basic Sciences Topics to be covered:

- Functional and applied anatomy of Musculo-skeletal system, Nervous system, Cardio-vascular system, Respiratory system and Uro-genital system.
- Kinesiology and Biomechanics
- Physiology of exercise, and other basics of physiology as applied to PMR
- Metabolism of important nutrients & micronutrients
- Basics of electrical and thermal properties of tissues (electrothermy), electromagnetic waves spectrum used in pain management, neuromuscular stimulation for diagnosis and management, etc.
- Basics of Pathology and microbiology as applied to common clinical conditions seen in the practice of Physical Medicine and Rehabilitation
- Knowledge of Pharmacology of drugs used in Physical Medicine and Rehabilitation.
- Understanding of human immune response and its applied aspects in disease and diagnostics

History and Scope of PMR, Definitions and Terminology

- Understanding PMR, Philosophy
- Definition
- Team Approach
- Department Set up
- Types
- Process
- Strategies
- Global Status of PMR as A Specialty and its Subspecialties
- Organization and administration of PMR services
- Scope of PMR and Future in India

Understanding Disability

- Definition, Nomenclature/Terminology
- Magnitude of disability
- World Report on Disability
- Statistics
- Epidemiology / Natural history of chronic disability and disorders
- Disability Prevention – levels and examples
- Socio-economic Impact
- Causes of Disability / chronic disorders
- Changing Disability profiles
- Disability Services
- International Policies; Initiatives by WHO, UN

Clinical Evaluation of Patients in P.M.R. and Documentation

- History Taking in PMR
- Clinical Examination

- General Physical examination
- Manual muscle testing (MMT) / muscle charting
- Joint range of motion (ROM) measurement (goniometry)
- Clinical assessment of spasticity
- Complete neurological evaluation including sensory examination, vibration testing, monofilament testing, etc.
- Complete musculoskeletal assessment for disability / functional limitation evaluation and to report extent of restriction of participation.
- Clinical examination of individual systems – cardiovascular, pulmonary, urogenital, etc.

Diagnostic Tests

- Utility and Interpretation of Routine Laboratory Tests
- Noninvasive Imaging studies
- Invasive imaging studies
- Pulmonary function tests
- Echocardiography and Doppler studies
- Utility and Interpretation of
- Musculo-skeletal and work-related tests
- Exercise tolerance testing
- Functional assessment instruments
- Psychologic tests
- Urodynamics

Therapeutic Exercises

- Principles
- Types
- Indications
- Contraindications
- Precautions
- Prescription
- Evaluation of exercise Program

Electro Therapy and Physical Modalities

- (All physical agents like heat, cold, electricity, light, magnetic field etc.)
- Principles
- Types
- Indications
- Contraindications
- Precautions
- Prescription and evaluation of Program
- Manipulation, traction and Massage
- Interpretation of Electro diagnostic Medicine – EMG/NCV/Evoked potential studies/Audiometry
- Pharmacotherapy in PMR
- Gait and its Deviations

Orthotics

- Principles of orthotic prescription, biomechanics
- Types of orthoses, specific joints, for upper and lower limbs, spine,
- Precautions
- Prescription

Prosthetics

- Principles of prosthetic prescription, biomechanics
- Types of prostheses for upper and lower limbs
- Precautions in prosthetic use

Wheel chairs, Seating Systems and Ambulatory Devices

- Types and indications for ambulatory aids
- Prescription, check-out of wheel chairs and seating systems
- Prescription of ambulatory aids, evaluation

Principles and scope of Occupational Therapy

- Assessment and Training in Activities of Daily Living (ADL)
- Prescription of self-help devices / Assistive devices

Vocational and Psycho Social evaluation and Rehabilitation

Rehabilitation of Patients with Amputations

Spasticity Management

- Pathophysiology
- Medical Management

Holistic Rehabilitation of Cerebral Palsy

- Normal Growth and Development
- Neonatal Reflexes
- Definition, Pathophysiology

Rehabilitation of Patients with Neck and Back Pain

- Review of Anatomy and Biomechanics, Posture
- Approach to Patients – clinical evaluation, assessment of disability, impairment and functional restriction
- Differential Diagnoses

Rehabilitation of Patients with Arthritic & Rheumatological conditions

- Review of Classifications
- Clinical evaluation, assessment of disability, impairment and functional limitation

Rehabilitation of Patients with Pain

- Pathophysiology of painful conditions including Neuropathic and psychosomatic pain

Rehabilitation of Patients with Spinal Cord Injury (SCI)

- Introductions, Epidemiology and need; Models of Care
- Anatomy, Mechanics and Syndromes of Traumatic Injury
- Treatments

Stroke Rehabilitation

- Introduction, Pathophysiology and Risk Factors
- Clinical Stroke Syndromes
- Treatments

Rehabilitation of Patients with Traumatic Brain Injury

- Epidemiology, Prevention, Pathophysiology, Prognosis

Rehabilitation of Patients with other Neurologic Disorders

- Rehabilitation of Patients with degenerative diseases
- Special emphasis on prevention of deformities
- Protective footwear
- Interaction with prominent NGOs in the field of leprosy
- Rehabilitation measures and National programs
- Rehabilitation of Patients with Poliomyelitis
- Aetiopathogenesis, Prevention, Acute Flaccid Paralysis (AFP)
- Surveillance

Rehabilitation of Patients with Neural Tube Defects

- Meningomyelocele and other spinal dysraphisms
- Clinical Presentations

Prevention of Chronic Wounds

- Pressure Ulcer
- Diabetic & Insensate Foot care

Health Promotion and principles of lifestyle disorder management

- Lifestyle disease Prevention and management
- Nutrition and health
- Assessment of underweight, over-weight and obese persons
- Management of obesity and its complications
- Importance and ways to promote physical activity
- Tobacco cessation & alcohol limitation
- Diet and stress management, role of Yoga
- Issues related to obesity and disability

Women's Health and Rehabilitation

- Pre- and post partum rehabilitation programs
- Post menopausal issues in rehabilitation and management of osteoporosis

Architectural Barriers, Environmental Modification

- Identification of barriers, accessibility of persons with disabilities and barrier
- free environment

Medical emergencies in PMR

- Autonomic dysreflexia
- Aspiration pneumonitis
- Deep Vein Thrombosis / Pulmonary Embolism,
- Urinary retention / obstruction, etc.

Ethical practices in Rehabilitation

- Role and how to take informed consent

Evidence Based Rehabilitation

Public health programme

- Awareness of various National programmes in relation to disability prevention
- and early detection of disability
- Stakeholders in National Control Programmes
- Violence & Injury Prevention

SUGGESTED LEARNING RESOURCES

Cardiac Disease Texts

- AACVPR cardiac rehabilitation resource manual: promoting health and preventing disease. American Association of Cardiovascular and Pulmonary Rehabilitation. Champaign, IL: Human Kinetics, 2006 (Companion volume to Guidelines for cardiac rehabilitation and secondary prevention programs c2004)
- Cardiac Rehabilitation, Ed William E Kraus and Steven J Keteylan. Toyowa, N J: Humana 2007
- Guidelines for cardiac rehabilitation and secondary prevention programs. American Association of Cardiovascular and Pulmonary Rehabilitation Champaign, IL: Human Kinetics, c2004

Journals

- Journal of Cardiopulmonary Rehabilitation and Prevention

Websites

- AACVPR Consensus statement. Outcomes in cardiac rehabilitation/secondary prevention programs. Improving patient care and program effectiveness. American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org/Resources/ResourcesforMedicalProfessionals/tabid/108/Default.aspx
- Cardiopulmonary rehabilitation and cancer rehabilitation SAE in Archives of Physical Medicine and Rehabilitation, v87 March Supplement, 2006 Study Guide
www.archives-pmr.org/issues

Chronic Pain Books

- Acute Pain Management: Scientific Evidence by ANZCA Faculty of Pain Medicine 2005 2nd Edition
- Classification of Chronic Pain edited by H. Merskey and N. Bogduk (IASP Press: 2nd Edition, 1994)
- Management of Acute and Chronic Neck Pain - An Evidence-based Approach by Nikolai Bogduk, Brian McGuirk (Elsevier 2006)
- Core Curriculum for Professional Education in Pain. Ed J Edmond Charlton, Seattle (IASP Press: c2005)

- Pharmacological Approaches to the Treatment of Chronic Pain edited by H. Fields and J. Liebeskind (IASP Press c 1994)
- Textbook of Pain edited by P. Wall and R. Melzack (Churchill Livingstone: 5th Edition, 2006)
- Bonica's management of pain. Ed John D Loeser, Philadelphia, PA: Lippincott Williams & Wilkins 2001 3rd Edition
- Chronic pain management: guidelines for multidisciplinary program development. Ed. Michael E Schatman, Alexandra Campbell, New York: Informa Healthcare c2007
- Clinical anatomy of the lumbar spine and sacrum. Nikolai Bogduk, New York: Churchill Livingstone, 2005 4th Edition
- Cousins and Bridenbaugh's neural blockade in clinical anaesthesia and pain medicine. Ed. Michael J Cousins, Phillip O Bridenbaugh. Philadelphia, PA: Lippincott Williams & Wilkins 2009 4th Edition
- Drugs for Pain by Howard S Smith 2003 Hanley & Belfus
- Fundamentals of musculoskeletal pain. Ed. Thomas Graven-Nielsen, Siegfried Mense, Seattle 2008
- Interventional pain management. Ed. Steven D Waldman. Philadelphia: W B Saunders 2001 2nd Edition
- Manage your Pain by Michael Nichols et al 2004 ABC Books
- Pain in older persons. Ed. Stephen J Gibson, Debra K Weiner. Seattle 2005
- Pain medicine: a comprehensive review. Ed. P Prithvi Raj. St Louis, Mo: Mosby 2003
- Travell & Simons' myofascial pain and dysfunction: the trigger point manual/David G Simons, Janet G Travell, Lois S Simons: Philadelphia, PA: Baltimore, MD: Lippincott Williams & Wilkins 1999 2nd Edition

Journals

- Clinical Journal of Pain
- Journal of Pain and Symptom Management
- Acute Pain: International Journal of Acute Pain Management
- European Journal of Pain
- Journal of Pain: Official Journal of the American Pain Society

- Pain Research and Management: the Journal of the Canadian Pain Society

Websites

- Clinical update MJA 2004; 180 (2): 79-83
www.mja.com.au/public/issues/180_02_190104/bog10461_fm.html
- International Association for the Study of Pain
iasp-pain.org
- International Spinal Intervention Society
www.spinalinjection.com/
- Interventions in chronic pain management in Archives of Physical Medicine and Rehabilitation v89 March Supplement, 2008 Study Guide
www.archives-pmr.org/issues

Developmental and Intellectual Disability in Adults Books

- Demystifying Syndromes, Griffiths, D. and King, R. (eds), NADD Press, 2004
- Management Guidelines Developmental Disability 2nd edition, Lennox, N (ed), Therapeutic Guidelines, Melbourne, 2005
- Management of Genetic Syndromes 2nd Edition, Cassidy, S. and Allanson, J. (eds), Wiley & Sons, New Jersey, 2005
- Medical care for children and adults with developmental disability. 2nd Edition, Rubin & Crocker (eds) Baltimore: Paul H Brookes Pub. 2006
- Pain in Children and Adults with Developmental Disabilities, Oberlander, T and Symons, F (eds), Paul H Brookes, Maryland, 2006
- Smith's Recognisable Pattern of Human Malformation 6th Edition, Jones, K. (ed), Elsevier Saunders, Pennsylvania, 2006
- Treating neurodevelopmental disabilities: clinical research and practice. Farmer, Donders & Warschausky (eds), New York: Guilford 2006

Journals

- Disability and Rehabilitation

- Journal of Intellectual and Developmental Disability
- Journal of Policy and Practice in Intellectual Disabilities
- journal of Intellectual Disability Research
- Journal of Applied Research in Intellectual Disabilities
- Journal on Developmental Disabilities Websites
- Australasian Society for the Study of Intellectual Disability
www.ASSID.org.au
- Australian Association for Developmental Disability Medicine
www.cddh.monash.org/aaddm.html
- Comprehensive Health Assessment Program CHAP Queensland Centre for Intellectual and Developmental Disability
www.disability.qld.gov.au/support-services/providers/chap/
- Centre for Developmental Disability Health Victoria, School of Primary Health Care Monash University
www.cddh.monash.org
- Centre for Developmental Disability Studies Faculty of Medicine. University of Sydney
www.cds.med.usyd.edu.au/
- International Association for the Scientific Study of Intellectual Disability
www.IASSID.org
- OMIM – Online Mendelian Inheritance in Man
www.ncbi.nlm.nih.gov/omim
- Queensland Centre for Intellectual and Developmental Disability (QCIDD), School of Population Health, University of Queensland
www2.som.uq.edu.au/som/Research

Illness and Injury of the Child and Adolescent Books

- Muscle Disorders in Childhood by Victor Dubowitz. London 1995 2nd edition
- Orthopaedic Management in Cerebral Palsy by Eugene Bleck (Clinics in Developmental Medicine) London: Mac Keith Press 2007 2nd edition
- Orthopaedic Management in Childhood by Williams and Cole. London: Hodder Arnold, 1998 2nd revised edition
- Pediatric Rehabilitation edited by Gabriella Molnar, Michael A Alexander. Philadelphia: Hanley & Belfus, 1999 3rd edition

- Diseases of the nervous system in childhood. Ed Jean Aicardi, Martin Bax, Christopher Gillberg, London: Mac Keith Press 2009 3rd edition
- Fundamentals of pediatric orthopedics/Lynn T Staheli. Philadelphia, PA: Lippincott Williams & Wilkins, 2007 4th edition
- Head injury in children and adolescents/edited by Daune L MacGregor. Mac Keith Press 2007
- Movement disorders in children/Emilio Fernandez-Alvarez, Jean Aicardi, London: Mac Keith Press 2001 Practice of pediatric orthopedics/Lynn T Staheli. Philadelphia, PA: Lippincott Williams & Wilkins, 2006 2nd edition

Journals

- Developmental Medicine and Child Neurology
- Journal of Paediatric Surgery
- Developmental Neurorehabilitation (formerly Pediatric Rehabilitation)
- Journal of Child Neurology
- Journal of Children's Orthopaedics
- Journal of Paediatrics and Child Health
- Journal of Pediatric Orthopaedics

Websites

- American Academy for Cerebral Palsy and Developmental Medicine (AACPDM) www.aacpdm.org
- CanChild Centre for Childhood Disability Research www.canchild.ca/en
- The Children's Hospital Westmead (NSW) Rehabilitation Department www.chw.edu.au/rehabilitation
- The Royal Children's Hospital Paediatric Rehabilitation Service (Vic) www.rch.org.au/rehab
- The Victorian Paediatric Rehabilitation Service www.health.vic.gov.au/vprs/index.htm

Illness and Injury in Older People Books

- Essentials of Clinical Geriatrics by Robert L Kane, Ouslander and Abrass, McGraw-Hill Medical 6th edition 2009

- Fundamentals of geriatric medicine: a case-based approach/Ed. Rainier P. Soriano. New York: Springer 2007
- Geriatric Rehabilitation/guest editor Adrian Cristian. Philadelphia, PA: Saunders 2006
- Geriatrics at your fingertips/authors David B Reuben et al. New York: American Geriatrics, 2008
- The management of pain in older people/Ed. Pat Schofield. Chichester, England: John Wiley & Sons 2007
- Oxford handbook of geriatric medicine/Lesley K Bowker, James D Price, Sarah C Smith. Oxford: Oxford University Press 2006
- Rehabilitation of the older person: a handbook for the interdisciplinary team/edited by Amanda J Squires, Margaret B Hastings. Cheltenham: Nelson Thornes 2002 3rd Edition
- Who Can Decide? The six step capacity assessment process. Darzins P et al, Memory Australia Press 2000, ISBN 0-646-40343-5

Journals

- Age and Ageing
- Australasian Journal on Ageing
- Clinics in Geriatric Medicine
- Journal of the American Geriatrics Society
- Topics in Geriatric Rehabilitation

Websites

- Australian Clinical Guidelines for Stroke Rehabilitation and Recovery 2005. Available from www.nhmrc.gov.au/publications/synopses/cp105syn.htm
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- Aging in the know: your gateway to health and aging resources on the web. American Geriatrics Society Foundation for Health and Aging (FHA)
www.healthinaging.org/agingintheknow/
- Disability, Ageing and Carers, Australia. Summary of findings 2003 Australian Bureau of Statistics. (Cat. no. 4430.0) www.abs.gov.au
- Geriatric rehabilitation in Archives of Physical Medicine and Rehabilitation, V85 July Supplement, 2004 Study Guide www.archives-pmr.org/issues

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- Andrews K. Rehabilitation in Limb Deficiency 3. The Geriatric Amputee
- Arch. Phys. Med. Rehabilitation. 1996 : 77, S14-17
- Arlanta H. et al. Lower Limb Amputations in Southern Finland. Prosthetics & Orthotics Int. 1995: 19, 155-158
- Czerniecki J.M. Rehabilitation in Limb Deficiency 1. Gait and Motion Analysis
- Arch. Phys. Med. Rehabilitation. 1996: 77, 53-58
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- AAOS Atlas of orthoses and assistive devices/Lewis, Richard J Sr. Missouri: Elsevier Mosby 2008 4th edition
- Amputations and prosthetics: a case study approach/Bella J May. Philadelphia, PA: F A Davies 2002 2nd edition
- Atlas of amputations and limb deficiencies: surgical, prosthetic and rehabilitation principles/American Academy of Orthopedic Surgeons. Rosemont, IL: American Academy of Orthopedic Surgeons 2004 3rd edition

- Orthotics and prosthetics in rehabilitation/edited by Michelle M Lusardi, Caroline C Nielsen. St. Louis, Missouri: Saunders/Elsevier 2007 2nd edition
- A primer in limb prosthetics by A Bennett Wilson Jr, Springfield Ill: C C Thomas 1998
- Prosthetics and orthotics/Donald G Shurr, John W Michael. Upper Saddle River, NJ: Prentice Hall 2002 2nd edition
- Prosthetics and orthotics: lower limb and spine/Ron Seymour. Philadelphia: Lippincott Williams & Wilkins 2002
- Prosthetics and patient management: a comprehensive clinical approach/edited by Kevin Carroll, Joan Edelstein. Thorofare, NJ: SLACK Inc 2006

Journals

- Journal of Rehabilitation Research and Development [formerly Bulletin of Prosthetic Research]
- JPO Journal of Prosthetics and Orthotics
- Prosthetics and Orthotics International

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- Rehab Tech: Rehabilitation engineering at Monash University
www.monash.edu.au/rehabtech/
- The National Centre (Australia) for Prosthetics and Orthotics, Latrobe University
www.latrobe.edu.au/ncpo/
- New South Wales Artificial Limb Service (NSW ALS)
rehabtech.eng.monash.edu.au/nsw-als/resource.htm
- Limb deficiency and prosthetic management in Archives of Physical Medicine and Rehabilitation, V87 March Supplement, 2006 Study Guide
www.archives-pmr.org/issues

Organisations associated with Prosthetics & Orthotics

- International Society for Prosthetics and Orthotics (ISPO) www.ispo.ws/
- American Academy of Orthotists and Prosthetists www.oandp.com/
- An on-line version of JPO starting from 1989 (a JAVA compatible browser is required to use the search engine) www.oandp.org/jpo/

- The ISPO Canada website www.ispo.ca/default.asp
- The ISPO UK website www.ispo.org.uk/

Lymphoedema and Related Disorders Books

- Lymphoedema Frame work: Best Practice for the Management of Lymphoedema. International Consensus, London MEP Ltd 2006
- Review of Current Practice and Future Direction in the Diagnosis, Prevention and Treatment of Lymphoedema in Australia. February 2004. Report to the Australian Health Ministers Advisory Council
- Lymphoedema Edited by Twycross Jones and Todd. Ausmed Publications 2003
- Textbook of Lymphoedema Foeldi, Foeldi and Kubrik Urban and Fisher 2007

Musculoskeletal Medicine Books

- Appley's System of Orthopaedics and Fractures/Louis Solomon. London: Arnold 2001 8th edition
- Clinical Anatomy of the Lumbar Spine and Sacrum by Bogduk and Twomey (Churchill Livingstone: 2005 4th Edition)
- Clinical Orthopaedic Examination by McCrae. Edinburgh: Churchill Livingstone, 2004 5th edition
- Clinical Orthopaedic Rehabilitation - S. Brotzman (Mosby 2003 2nd edition)
- Clinical uses of botulinum toxins/Edited by Anthony B Ward & Michael P Barnes. Cambridge: Cambridge University Press 2007
- Copeman's Text Book of Rheumatic Diseases/Editors J T Scott, W S C Copeman. Edinburgh: Churchill Livingstone: 6th Edition, 1986)
- Essentials of physical medicine and rehabilitation: musculoskeletal disorders, pain and rehabilitation. Edited by Walter R Fontera, Julie K Silver, Thomas D Rizzo Jr. Philadelphia, PA: Saunders/Elsevier 2008 2nd edition
- Exercise in rehabilitation medicine, Walter R Fontera. Champaign, IL: Human Kinetics 2006 2nd edition

- Evaluation of orthopaedic and athletic injuries by C Starkey and J L Ryan 2002 F A Davis
- Hand and upper extremity rehabilitation: a practical guide. Ed Susan L Burke [et al] St Louis, Mo: Elsevier Churchill Livingstone: 3rd Edition, 2006
- Handbook of orthopaedic rehabilitation/s Brent Brotzman, Kevin E Wilk. Philadelphia, PA: Mosby 2007 2nd edition
- Kinesiology and Applied Anatomy by Rasch and Burke (Lee and Febiger: 7th Edition, 1989)
- Managing Low Back Pain edited by Kirkaldy-Willis and Burton (Churchill Livingstone: 4th Edition, 1999)
- Measurement of joint motion: a guide to goniometry/Cynthia C Norkin, D Joyce White. Philadelphia: F A Davis 2009 4th edition
- Medical Management of Acute and Chronic Low Back Pain: An evidence based approach by N Bogduk & B McGuirk 2002 Elsevier
- Muscle Testing and Function by Kendall, Kendall and Wadsworth (Waverly Press) 1993 4th edition
- Musculoskeletal physical examination: an evidence based approach/Gerard A Malanga, Scott F Nadler. Philadelphia, PA: Elsevier Mosby 2006
- New avenues for the prevention of chronic musculoskeletal pain and disability by S J Linton 2002 Elsevier
- Orthopedic physical assessment/David J Magee. St Louis, Mo: Saunders/Elsevier 2008 5th edition
- Orthopaedic clinical examination by Joshua Cleland 2005 Saunders
- Physical examination of the spine and extremities/Stanley Hoppenfeld. New York: Appleton-Century-Crofts 1976
- Pocket Guide to Musculoskeletal Assessment by Richard E Baxter 2003 Saunders
- Practical Orthopaedic Medicine by B Corrigan and D Maitland (Butterworths) 1983
- Scientific foundations and principles of practice in musculoskeletal rehabilitation/editors David J Magee, James E Zachazewski, William s Quillen. St Louis, Mo: Saunders/Elsevier 2007

- Sports Injury: Assessment and Rehabilitation by David C. Reid. New York: Churchill Livingstone 1992
- Therapeutic Exercise by John V Basmajian. Baltimore: Williams & Wilkins 1990 5th edition
- Upper motor neurone syndrome and spasticity: clinical management and neurophysiology/edited by Michael P Barnes & Garth R Johnson. Cambridge University Press 2008 2nd edition
- Whiplash (Ed. Malanga) 1998 by Harley & Belfus 2002

Journals

- Clinics in Sports Medicine
- Journal of Bone and Joint Surgery (American and British)
- Orthopaedic Clinics of North America
- Radiologic Clinics of North America

Websites

- Bone and Joint Decade 2000-2010 for prevention and treatment of musculoskeletal disorders www.boneandjointdecade.org/
- Industrial medicine and acute musculoskeletal rehabilitation in Archives of Physical Medicine and Rehabilitation, v88 March Supplement, 2007 Study Guide www.archives-pmr.org/issues Neuromuscular rehabilitation and electrodiagnosis rehabilitation of orthopedic and rheumatologic disorders in Archives of Physical Medicine and Rehabilitation, v86 March Supplement, 2005 Study Guide www.archives-pmr.org/issues

Neurological Disease Books

- Case studies in neurological rehabilitation (Tarek) Cambridge University Press 2008
- Cognitive and behavioral rehabilitation: from neurobiology to clinical practice. Jennie Ponsford. New York; London: Guilford 2004 Cognitive assessment for clinicians. John R Hodges. Oxford University press 2007
- Cognitive neurorehabilitation: evidence and application. Edited by Donald T Stuss et al. Cambridge University Press 2008 2nd edition

- Neurological rehabilitation edited by Darcy Ann Umphred. St Louis: Mosby 2007 5th edition
- Neurological rehabilitation of multiple sclerosis Edited by Alan J Thompson. Abingdon: Informal Healthcare 2006
- Neuroscience: fundamentals for rehabilitation/Laurie Lundy-Ekman. St Louis, MO: Saunders 2007 3rd edition
- Recovery after stroke/edited by Michael P Barnes et al. Cambridge University Press 2005. Paperback March 2009
- Severe and complex neurological disability: management of the physical condition. Pauline M Pope. Edinburgh: Butterworth-Heinemann/Elsevier 2007
- Stroke: practical management/C Warlow et al. Malden, Mass: Blackwell Pub 2008, c2007 3rd edition
- Stroke recovery and rehabilitation edited by Joel Stein et al. New York: Demos Medical 2009
- Stroke Rehabilitation: a collaborative approach. Edited by Robert Fawcus. Oxford; Malden, Mass: Blackwell Science 2000
- Stroke Rehabilitation: a function based approach edited by Glen Gillen et al. St Louis, Mo: Mosby 2004 2nd edition
- Stroke Rehabilitation, Kaplan & Cerullo. Boston: Butterworths 1986
- Vestibular rehabilitation, Susan J Herdman. Philadelphia: F A Davis 2007 3rd edition
- Wheelchair selection and configuration, Rory A Cooper. New York: Demos 1998
- Wheelchairs: A Prescription Guide, A Bennett Wilson (Demos Publications) 1992

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- Journal of Cognitive Rehabilitation
- Neurorehabilitation
- Neurorehabilitation and Neural Repair
- Cerebrovascular Diseases
- International Journal of Stroke
- Journal of Stroke and Cerebrovascular Diseases

- Stroke
- Topics in Stroke Rehabilitation

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- Clinical guidelines for stroke rehabilitation and recovery/National Stroke Foundation 2005 www.nhmrc.gov.au/publications/synopses/cp105syn.htm
- National Stroke Foundation www.strokefoundation.com.au
- Congenital and acquired brain injury in Archives of Physical Medicine and Rehabilitation, v89 March Supplement, 2008 Study Guide www.archives-pmr.org/issues
- The Evidence-Based Review of Stroke Rehabilitation (EBRSR) www.ebrsr.com
- Stroke rehabilitation in Archives of Physical Medicine and Rehabilitation, v86 Dec Supplement, 2005 Study Guide www.archives-pmr.org/issues
- Stroke Rehabilitation and neurodegenerative disorders in Archives of Physical Medicine and Rehabilitation, v85 March Supplement, 2004 Study Guide www.archives-pmr.org/issues

Occupational Injury Books

- Back Pain in the Workplace: Management of Disability in Non-specific Conditions. A Report of the Task Force on Pain in the Workplace, the International Association for the Study of Pain. IASP Press. Seattle. 1995
- Disability evaluation. Stephen Dementor editor. Mosby 2003 2nd edition
- Fitness for Work: the medical aspects. Edited by R A F Cox. Oxford University Press 2000 3rd Edition
- Guide to the evaluation of functional ability: how to request, interpret and apply functional capacity evaluation. Edited by Genovese and Galper. American Medical Association 2009
- Guides to the evaluation of disease and injury causation. Edited by Melhorn and Ackerman. American Medical Association 2008
- Occupational Low Back Pain: Assessment, Treatment and Prevention. M.H. Pope, G.B.J. Anderson, J.W Frymoyer, D.B. Chaffin. Mosby. 1991
- Occupational Medicine. Zenx, Dickerson & Horvath. Mosby. 1994. (3rd Ed)

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- Vocational Rehabilitation/Jain Holmes. Oxford: Blackwell 2007

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www.workcover.com/Treat/treathome/Commoninjuries/Acutelowbackpaininjuries.aspx
- Assessing fitness to drive www.austroads.com.au/aftd/index.html
- Clinical framework for the delivery of health services. Vic, WorkCover
www.worksafe.vic.gov.au/
- Industrial medicine and acute musculoskeletal rehabilitation in archives of Physical Medicine and Rehabilitation v88 March Supplement, 2007 study guide
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- Medical Practitioner's Guide to the WorkCover.
- Policy & Guidelines for the Management of Occupational Rehabilitation in NSW Public Health Facilities. 1997
www.health.nsw.gov.au/policies/pd/2005/pdf/PD2005_162.pdf
- Realising the Health Benefits of Work. Position statement of the Australasian Faculty of Occupational and Environmental Medicine (AFOEM) of the Royal Australasian College of Physicians (RACP).
afoem.racp.edu.au/page/media-and-news/realising-the-health-benefits-of-work

Spinal Injury and Disease Core Books

- ABC of Spinal Cord Injury, David Grundy and Andrew Swain. 4th edition. BMJ Publishing, 2002
- Rehabilitation Medicine. Principles and Practice (2005) edited by Joel De Lisa, Braddom, or similar comprehensive rehabilitation textbooks relevant chapters of e.g. SCI, bladder, bowel, pressure ulcer, spasticity, pain, psychology, sexuality, orthotics, etc.

Comprehensive Books

- Spinal Cord Medicine: Principles and Practice. by Vernon W Lin, Diana D Cardenas, Nancy C Cutter, Margaret C Hammond, Laurie B.Lindblom, Inder Perakash, Robert Waters, Robert M Woolsey. Demos Medical 2003
- Spinal Cord Medicine by Steven Kirshblum, Denise Campagnolo, Joel A. De Lisa Lippincott Williams and Wilkins. 2002 (The above 2 textbooks are very useful comprehensive SCI references)
- Diseases of the Spine and Spinal Cord. TN Byrne, EC Benzel and SG Waxman. Oxford University Press (January, 2000)
- Specialist Textbooks These are suggested for a much greater detail of understanding of specific aspects of SCI medicine:
- The Child with a Spinal Cord Injury. American Academy Orthopaedic Surgeons. Shriners Hospitals for Crippled Children Symposium (Corporate Author), Randal R. Betz & M. J. Mulcahey Editors. 1996
- Guides 6th impairment training workbook: spine. Marjorie Eskay-Auerbach, James B Talmage [Chicago Ill.] American Medical Association 2009
- Spinal Cord Injury Pain: Assessment, Mechanisms, Management. Progress in Pain Research and Management, Vol. 23, edited by K. J. Burchiel and R. P. Yezierski, Seattle: IASP Press, 2002 Spinal Cord Injuries: Psychological, Social and Vocational Adjustment by Trieschmann. (New York: Demos, 2nd edition, 1988) American Psychological Association's Handbook of Rehabilitation Psychology. R. Frank & T. Elliott Eds. 2000
- Management of High Quadriplegia, editors: Gale G. Whiteneck et al. Demos, 1989. (Comprehensive neurologic rehabilitation; v. 1) The rehabilitation of people with spinal cord injury. Shanker Nesathural. Ed Malden MA: Blackwell Science 2000 2nd Edition
- Rehabilitation of the spine: a practitioner's manual. Ed Craig Liebenson. Baltimore, MD: Lippincott Williams & Wilkins, 2007
- Spinal cord injury rehabilitation. Ed Edelle C.Feld-Fote. Philadelphia, PA: F A Davis 2009
- Spinal Cord Injury: Medical Management & Rehabilitation. G Yarkony (Ed). Rehabilitation Institute of Chicago Procedure Manual. Aspen Publishers, Gaithersburg, Maryland. 1994

- Spinal Cord Injury: Clinical Outcomes from the Model Systems, edited by Samuel L. Stover, Joel A. Delisa, Gale G. Whiteneck. Aspen, 1995 Journals
As with all aspects of health care, new research is continually being published. It is important to develop strategies to keep up to date and search the literature, especially using the internet, for new relevant information on topics of interest.

Journals

- Journal of Spinal Cord Medicine
- Spinal Cord (formerly Paraplegia)
- Additional Useful Journals :
- Topics In Spinal Cord Injury Rehabilitation
- SCI Nursing
- Spine Websites
- International Spinal Cord Society (ISCoS) www.iscos.org.uk
- American Spinal Injury Association www.asia-spinalinjury.org
- Spinal cord injury in Archives of Physical Medicine and Rehabilitation, v88 March supplement, 2007 Study Guide (Free full text available from www.archives-pmr.org/issues)
- The Spinal Cord Injury Rehabilitation Evidence www.icord.org/scire/home.php

Traumatic Brain Injury Books

- Acquired Brain Injury: an integrative neurorehabilitation approach/Elbaum & Benson (eds) New York, Springer 2007
- Brain Injury medicine: principles and practice. Edited by Nathan D Zasler et al. New York: Demos 2007
- Community Integration following TBI. Kreutzer and Wehmann. Baltimore: Brookes, 1990
- Medical Rehabilitation of Traumatic Brain Injury, Ed. L. Horn and N. Zasler, Publ. Hanley and Belfus Inc 1996. Distributed in Australia by Mosby
- Mild traumatic brain injury and post concussion syndrome: the new evidence base for diagnosis and treatment/ Michael A McCrea. New York: Oxford University Press 2008

- Psychological approaches to rehabilitation after traumatic brain injury. Tyerman & King (eds) Oxford: BPS Blackwell 2008
- Recovery After Traumatic Brain Injury. Edited by B. Uzzell and H. Stonnington. Lawrence Erlbaum Associates, 1996
- Rehabilitation for traumatic brain injury. Walter M High et al (eds) Oxford University Press 2005
- Rehabilitation of people with traumatic brain injury. Buck H Woo, Shanker Nesathurai (eds) Malden. Mass: Blackwell Science 2000
- Rehabilitation of the Adult and Child with traumatic brain injury by Rosenthal, Griffith Bond and Miller. Ed3 Philadelphia: Davis 1999
- Textbook of traumatic brain injury. Silver, McAllister, Yudofsky (eds) Washington DC: American Psychiatric Pub 2005
- Trauma Rehabilitation edited by Lawrence R Robinson Philadelphia, PA: Lippincott Williams & Wilkins 2006
- Traumatic Brain Injury: rehabilitation for everyday adaptive living. Jennie Ponsford. Hove, Eng: Lawrence Erlbaum Assoc. 1995
- Traumatic Brain Injury - Services, Treatments and Outcome. Edited by M.A. Chamberlain, V. Neumann and A. Tennant. Chapman and Hall Medical, London, 1995

Journals

- Brain Injury
- Journal of Head Trauma Rehabilitation
- Journal of Neurotrauma Websites
- Archives of Physical Medicine and Rehabilitation, including 1998 Study Guide Vol. 79 No 3 Supp. 1. March 1998 www.archives-pmr.org/issues
- The Evidence-Based Review of Moderate to Severe Acquired Brain Injury (ABIEBR) is a joint project to develop an evidence-based review of the literature for rehabilitation or rehabilitation-related interventions for ABI www.abiebr.com
- Neuroplasticity and brain imaging research: implications for rehabilitation in Archives of Physical Medicine and Rehabilitation, v87 Dec Supplement, 2006 www.archives-pmr.org/issues

- Psychological database for Brain Impairment Treatment Efficacy
www.psycbite.com
- Traumatic Brain Injury. New Zealand Guidelines 2007
www.nzgg.org.nz/guidelines/0129/pdf_final.pdf

Upper Limb Amputation Book

- A Review of the Management of Upper Limb Amputees: L E Jones & J Davidson. Critical Reviews in Physical and Rehabilitation Medicine, June, 1997