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**Therapy Case Study**

**![C:\Users\annh.HOSPICE\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\K2M4D7IY\MC900334266[1].wmf]()PHYSIOTHERAPY**

BACKGROUND

77 YEAR OLD LADY WITH RECTAL CANCER AND BONE METASTASES

LIVES ALONE IN A HOUSE WITH STAIRS

ADMITTED TO ST GEMMAS DUE TO GROIN PAIN, LEG WEAKNESS AND REDUCED MOBILITY (ABLE TO TAKE A FEW STEPS ONLY)

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GOALS

1. TO RETURN HOME TO LIVE INDEPENDENTLY INCLUDING
	1. STAIRS
	2. WALKING WITH A STICK INDOORS
2. BE ABLE TO WALK OUTSIDE 20m WITH ONE PERSON

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She felt ready to go home and was confident she could manage

This lady enjoyed being able to walk around the garden for some fresh air

PATIENT’S/CARERS COMMENTS

OUTCOMES

1. Returned home to live independently
2. Mobile with a stick indoors
3. Mobile with a 3 wheeled frame and supervision 20m outdoors
4. Independent on the stairs

INTERVENTIONS

(Alongside medical intervention for pain control)

1. Bed exercises to strengthen legs
2. Step practice to build leg strength progressing to full flight of stairs
3. Mobility practice and balance retraining
4. Outdoor mobility practice including ramps, uneven ground
5. Strategies for energy conservation so does not flare up symptoms