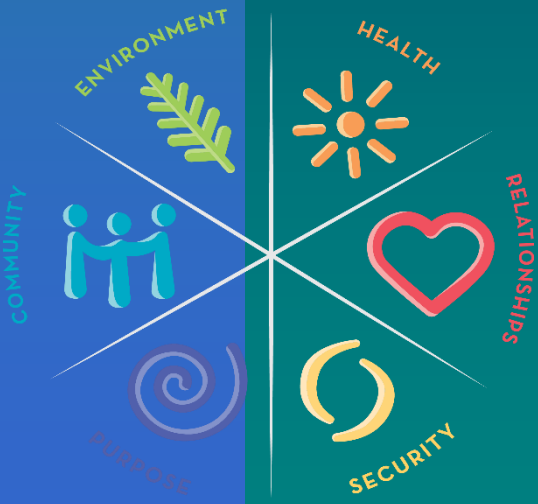
Your Daily Toolkit – Wellbeing and Rehabilitation



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Rheumatological diseases are among the most prevalent chronic disorders, causing disability and impairments of the quality of life.

Treatment

- Pharmacological: it enables the patient to perform daily activities without significant limitations
- Physical therapy: it allows patients to be autonomous and improves their quality of life
- Rehabilitation: the process a patient undergoes in their treatment

Implementation of non-pharmacological treatment methods is part of the therapeutic strategy. They do not eliminate the need for the basic rheumatological therapy.

Key points:

- The patient should be thoroughly informed about the nature of their disease and the available treatment options
- Self management: only achievable when the patient is fully informed

Rehabilitation / Wellbeing

- Rehabilitation: a set of interventions designed to optimise functioning and reduce disability in individuals with health conditions in interaction with their environment

- Wellbeing: state of feeling healthy, happy, and fulfilled as a balanced measure of a person's overall quality of life.


ENVIRONMENTAL
EMOTIONAL
INTELLECTUAL
FINANCIAL
WELLBEING
PHYSICAL
SOCIAL
OCCUPATIONAL
SPIRITUAL

A major rule applying to rehabilitation is that it should be adjusted to the rehabilitation potential of the affected individual, their overall health condition, the activity of the pathological process, as well as the presence of comorbidities.

What does physical therapy involve in patients with rheumatological diseases?

- Daily kinesiotherapy (exercises)
- Courses of physiotherapy using physical modalities
- Balneotherapy

The daily rehabilitation program usually involves performing exercises, that ensure the restoration of the range of motion, but also maintain the functional capacity of the affected joints.

What level of physical exertion is appropriate for a patient with a rheumatological disease?

- According to some authors: even if it hurts
- According to others: only movements, that do not cause pain should be applied

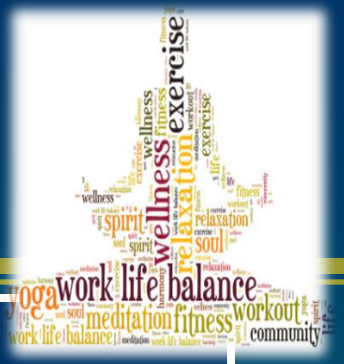
<u>According to the individual perception of the patient</u>



Key points:

- Daily basic exertion
- Self-rehabilitation
- Exercises training balance and coordination
- Breathing exercises
- Follow-up consultation with the therapist in case of change in the condition
- Incorporation of dynamic exercises
- Participation in group activities

Concluding remarks:



Maintaining optimal quality of life in patients with rheumatological diseases can be accomplished and depends on the comprehensive integration of:

- Correct pharmacological treatment;
- Active participation of the patient in the treatment;
- Interdisciplinary communication between medical and healthcare professionals;
- Sufficiently frequent follow-up visits;
- Providing social support.

Thank you for your attention!