

Case Report

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Non-referral at Early Stage Leads to Permanent Disabilities: A Case Study from Pakistan

Mahboob Ur Rahman

Founder Chairman, Mahboob Medical Institute, Pakistan Physical Therapy Association, Pakistan

*Corresponding author

Mahboob Ur Rahman, BSPT, DPT(PP) PGDPA, EMBA (Health Mgt.), Founder Chairman, Mahboob Medical Institute, Habib Physiotherapy Complex, Pakistan. Email: mahboobhpc@gmail.com

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Background

It's a dilemma in Pakistan that the special children, people and traumatized cases are not referred for physiotherapy and rehabilitation at early stage. As such minor contractures and deformities lead to permanent deformities resulting in promoting number of disabled in the country. The reason may be lack of awareness among the people, low literacy rate in the country, and third major cause the non-referral by medical practitioners, relevant consultants, like orthopedic surgeons, neurosurgeon, neurologist, physicians or pediatricians.

Case Presentation

A female child with the name of Umm-e-Hani at the age of 6 years from Bannu (200km away from Peshawar) was presented as diagnosed case of Cerebral Palsy. Now, she could sit, hold her neck, do her little activities with upper limbs. She could stand with support with minor flexed knee joints but more prone to contractures. Though she was taken to medical practitioner and neurologist in Peshawar since 2016 but she was not advised physiotherapy till 2022. Now, luckily one of the pediatricians from Bannu referred her for physiotherapy to a rehab complex "Habib Physiotherapy Complex" where she was given rehabilitation plan, a walker for mobility and advised to come for follow-up on monthly basis. The treatment protocol was given with Dua, Niat and Salaam pattern which is designed by the Chairman Mahboob Medical Institute Dr. Mahboob-Ur-Rahman which is a new version of PNF technique. The follow-up is suggested to see efficiency and hope she will improve. The child will be benefitted from rehabilitation program with persistent follow-up [1-10].

Conclusion

Non-referral of special children is a hurdle in early rehabilitation and leads to permanent disabilities.

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