

A Report On Rehabilitation And Return To Activity After Prolonged Moderate Traumatic Brain Injury

Norah M Alsalamah

Qassim University, Saudi Arabia

Background: Brain injuries contribute to almost 50% of all injuries. Traumatic brain injury (TBI) has become a major global challenge with almost 57 million people worldwide living with neurological problems caused by TBI. Approximately 10,000,000 people require hospital-based care after a TBI. The purpose of this case report was to describe the intervention used to treat a patient with prolonged and moderate post-TBI symptoms and help the patient return to activity.

Methods: A 24-year-old female physiotherapy student no prior history of any injuries presented with some gait imbalance and deviations when walking and getting up from the chair. Ten months prior to presentation, she had been involved in a road traffic accident that led to a loss of balance due to a fractured skull and internal bleeding. She had no history of other health problems

Results: Following physical therapy interventions, she demonstrated an improvement in balance (Y-balance score for right and left lower limbs = 71.2% and 67.5%, respectively) and functional performance. The patient was able to return to normal activity after completing the physical therapy program combined with post-concussion guidelines and Nordic walking exercises to prevent further injuries.

Conclusion: After more than two months of physical therapy for a prolonged mild TBI, the patient demonstrated improvement in her lower limb muscle, core, and trunk strength, functional performance, balance, and her level of confidence. A holistic intervention approach combined with regular monitoring indicated the patient was regaining her level of confidence to return to normal activity.

Biography

Dr. Norah M Alsalamah, a highly accomplished Doctor of Physical Therapy, is a respected faculty member at Qassim University's College of Medical Rehabilitation in Saudi Arabia. With a career dedicated to advancing physical therapy and healthcare, she excels as an educator and researcher, shaping the future of healthcare professionals and elevating patient care. Dr. Alsalamah's commitment to Qassim University places her at the forefront of academic excellence, where she shares her expertise with aspiring physical therapists, demonstrating an unwavering passion for advancing healthcare practices. Her distinguished contributions make her a pivotal figure in Saudi Arabia's healthcare and educational landscape.