

Physical Therapy Intervention

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- Centers for Rehab Services
 - Pittsburgh, Penna.

Assessment

- Gross Range of Motion
- Gross Strength
- General Health – SF 36



Interventions

- Techniques to increase or maintain mobility
- Techniques for Pain Management
- Education for Client

Exercise

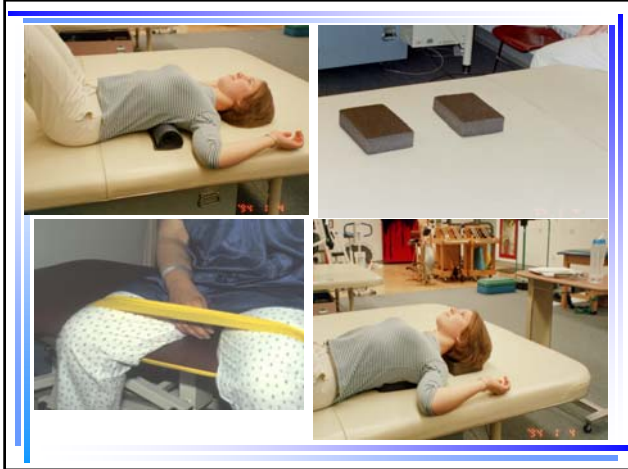
- For clinically discovered deficits
“Use it or loose it”
- Daily and vigorous
- Stretching as indicated by evaluation
 - Sustained hold
 - After warming tissue



Exercise for Fitness

- Cardiovascular
- Strengthening
- Posture
- HEP vs Community Programs





- ### Positive Effects of Exercise
- Strength
 - C-V Fitness
 - Range of Motion
 - Function
 - Self Efficacy

- ### Pain Management
- Heat modalities
 - Paraffin
 - Moist heat, micro packs gloves
 - Warm pool programs
 - Relaxation techniques



Education

- Home Programs
- Scleroderma Organizations
- World Wide Web
- Scrutinizing information



Evidence for P T Intervention



Conclusions