



## Therapies

Items you may wish to include in this section of your binder:

- Copy of stretches
- Prescriptions from therapists
- Resourcing for daily living aids
- Upcoming visits or appointments
- Notes, letters, copy of your care plan and papers from therapists
- Meal recommendations

### Managing your neuromuscular disease symptoms

An MDA Care Center physician may recommend that you consult with a physical, occupational, respiratory and/or speech therapist to assist you in managing your neuromuscular disease symptoms and to help maintain independence.

- Physical therapy (PT): Physical therapy can keep still healthy muscles functioning, help you maintain independence and prevent the onset of painful muscle contractures.
- Occupational therapy (OT): Occupational therapy enables people to make maximum use of their physical capabilities through the use of strategies and techniques, specially designed implements and daily living aids in the home and work environments.
- Respiratory therapy (RT): Respiratory therapy provides instruction in the use of prescribed respiratory therapy equipment designed to augment or increase vital lung capacity.
- Speech therapy: At a speech therapy consultation, the muscles responsible for speech and swallowing are evaluated. Through such an evaluation, a speech-language pathologist can determine if exercise, use of augmentative communication devices and/or modifications to meals are appropriate.



## Therapy Log

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_\_\_ Type of therapist: \_\_\_\_\_

Name of therapist: \_\_\_\_\_ Reason for visit: \_\_\_\_\_

Notes: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_\_\_ Type of therapist: \_\_\_\_\_

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## Telephone Call Record

Date of call: \_\_\_\_\_ Individual with whom you spoke: \_\_\_\_\_  
Phone number: \_\_\_\_\_ Institution/Location: \_\_\_\_\_  
Reason for call: \_\_\_\_\_ Notes and follow-up: \_\_\_\_\_

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