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Rehabilitation of Movement disorders: A practical experience

Abstract:

Movement disorders rehabilitation has evolved over 2- 3 decades harnessing the principles of Neuroplasticity with specific goal directed functional intervention in a timely manner. The duality of bradykinesia with hyperkinetic movements associated with motor control deficits results from neuroanatomical overlay resulting in significant medical, physical, functional, and psychosocial impairments and disabilities. The key framework that guides the principles of Movement rehabilitation relies on neuroplasticity retraining to maintain bodily structure and function. In the past the main objectives were medication management followed by supplementation of physical therapy as a monodisciplinary with lack of coordinated care. In the last few decades, plenty of evidence points to a well-structured integrated coordinated care to achieve best outcomes in patients with Movement disorders. It is with this in mind; our local health district commissioned a specialized Movement assessment pathway program with a multidisciplinary integrated assessment of patients with Movement disorders which works in close collaboration with Neurology specialist and family physicians to bridge the gap and to maximize patient centered outcomes. I would like to share my personal evidence based practical experience that I have gained in my clinic to the wider scientific medical community and encourage the centers around the globe to set up a similar and even better integrated assessment to benefit patients with Movement disorders.

Biography

Vaidya Bala is a Senior Staff specialist in rehabilitation Medicine currently working at The Wollongong Hospital which is part of the Illawarra and Shoalhaven Local health district Hospital in the city of Wollongong, New South Wales, Australia. He is currently the head of the Movement assessment program which provides an integrated assessment for Movement disorders and a clinical lead in neurological Rehabilitation for the district. Dr Bala has recent papers on his Novel model of care in Movement assessment program was published in the Movement disorder journal September 2023 and he presented at the conference at International Movement disorder in Denmark 2023. Dr Bala is a Fellow of the Australian Faculty of Rehabilitation Medicine and an honorary Fellow of the European Stroke council and Associate Fellow of the Royal Australian College of Medical Administrators.