



# DISCHARGE INSTRUCTIONS FOR PARAPLEGIA PATIENTS

You need to follow certain exercises and instructions in order to prevent complications as a result of bed rest and to improve functional status.



## Exercises

- Perform breathing exercises for relaxation and chest expansion, 10 repetitions, 4 times a day
- Perform intensive spirometry exercises every 2 hours during the day
- Perform strengthening exercises for your arms with weights or theraband, 10 repetitions, 4 times a day
- Perform active assisted exercises or passive exercises of the lower limbs with the help of your attendant, 10 repetitions, 4 times a day.
- Perform bed mobility training with help of attendant, 4 times a day
- Perform balance training in sitting position as taught to you, at least 2 times a day



## General instructions

- Try sitting on the chair with support, at least 4 times a day
- Try standing with proper knee support at least 2 times a day
- Always turn to either side while lying down with the help of your attendant in order to prevent bed sores. air mattress can be used to prevent bed sores. Position should be changed in every 2 hours
- Wear stockings on your legs in order to prevent deep vein clot
- Catheter care should be given as advised by the nurse
- Take your medication as directed
- Get adequate rest and sleep

Follow-up with the Neuro Rehab Out Patient Department after one month.



## When to contact your doctor

Call your doctor if you experience:

- Fever
- Nausea or vomiting
- Severe headache
- Swelling on the legs
- Difficulty in breathing or breathlessness
- Decreased urination
- Redness over back
- Swelling over limbs