



DISCHARGE INSTRUCTIONS FOR QUADRIPLÉGIA PATIENTS

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



Exercises

- Perform chest physiotherapy and suctioning as taught to you by the therapist for at least 4 hours a day.
- Perform breathing exercises for chest expansion.
- Perform intensive spirometry exercises and inspiratory muscle training as taught to you by the therapist.
- Perform bed mobility training with the help of attendant.
- Have your attendant help you in performing passive movements/active assisted movements/strengthening exercises of all 4 limbs, 10 to 15 repetitions, 3 to 4 times a day
- Make sure your attendant makes you sit on the wheel chair at least twice a day



General instructions

- Check the saturation at least twice a day.
- Lie on either side in order to prevent bed sores. You can use air mattress to prevent bed sores.
- Wear Deep Vein Thrombosis (DVT) stockings on both the legs. Remove the stockings in every 4 hours for half an hour and wear it again.
- Use electrical stimulation as suggested by the therapist.
- Catheter care should be given as taught by the nurse.
- Take enema as advised by the doctor.
- Take your medication as directed.
- Get adequate rest and sleep.
- Follow the sterile technique as suggested to you.

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 in any part of the body especially pressure parts