<table>
<thead>
<tr>
<th>Most Common Conditions</th>
<th>Rehabilitation Management and Treatment</th>
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</table>
| **Cerebral Palsy**     | • Spasticity Management:  
|                        |   o Enteral anti-spasticity medications (baclofen, benzodiazepines, tizandine, dantrolene)  
|                        |   o Focal chemodenervation/neurolysis (Botulinum toxin, phenol)  
|                        |   o Surgical management (intrathecal baclofen, orthopedic surgery)  
|                        | • PT/OT - range of motion/contracture prevention, strengthening.  
|                        | • ST – communication, dysphagia  
|                        | • Wound Care  
|                        | • Bracing and equipment – AFOs, wheelchair, mobility aids  
|                        | • Hip and Spine Surveillance  
|                        | • Sexual Health  
|                        | • Feeding and nutrition |
| **Spina Bifida**       | • Management of neurogenic bladder/bowel  
|                        | • Subspecialist surveillance - urology, neurosurgery  
|                        | • PT/OT - range of motion/contracture prevention, strengthening.  
|                        | • Spasticity Management  
|                        | • Equipment: wheelchair, orthotics  
|                        | • Sexual Health |
| **Traumatic Brain Injury** | • Physical/Occupational/Speech Therapy  
|                        | • Neuropsychology for cognitive deficits  
|                        | • Enteral medications for neurostimulation  
|                        | • Spasticity management  
|                        | • Management of behaviors and impulsivity  
|                        | • Counseling  
|                        | • Bowel and Bladder Continence Management  
|                        | • Seizure Management |
| **Spinal Cord Injury** | • Skin protection  
|                        | • Pain control  
|                        | • Autonomic dysreflexia  
|                        | • Management of neurogenic bowel and bladder  
|                        | • Sexual health/fertility  
|                        | • DVT prophylaxis  
|                        | • Spasticity Management  
|                        | • Bracing and equipment – AFOs, wheelchair, mobility aids, bathing/toileting equipment |
| **Down Syndrome**      | • Dietary Monitoring  
|                        | • Bracing (typically hypotonia)  
|                        | • Exercise  
|                        | • Sexual health/gynecological care  
|                        | • Avoid polypharmacy  
|                        | • Subspecialist surveillance (cardiology, pulmonology/sleep medicine) |
| **Spinal Muscular Atrophy** | • Management of lung disease  
|                        | • Spine Surveillance  
|                        | • Sexual Health  
|                        | • Contracture prevention  
|                        | • Bowel Constipation  
|                        | • Dysphagia Surveillance  
|                        | • Equipment: powered mobility, augmentative communication |
| **Duchenne and Becker Muscular Dystrophy** | • Steroid use  
|                        | • AFOs  
|                        | • Equipment: wheelchairs, orthotics  
|                        | • Regular exercise  
|                        | • Subspecialist surveillance (cardiology, pulmonology) |
| **Ehlers-Danlos Syndrome** | • Skin Care  
|                        | • Balance and strength therapy/exercises  
|                        | • High impact sports should be avoided  
|                        | • Pain control |
| **Juvenile Idiopathic Arthritis** | • Pain and inflammation control  
|                        | • Steroid Injections /Topical Corticosteroids  
|                        | • Shoe modifications and supportive orthoses  
|                        | • Joint protection |