

RESOURCE GUIDE

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SECTION 5 - Mobility

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Physical Therapist

Our physical therapists evaluate for appropriate exercise, such as stretching programs which are most appropriate for maintaining optimal flexibility and functional mobility. They can prescribe assistive devices/equipment and orthotics to optimize safety with functional mobility. Physical therapists can also prescribe appropriate a manual or power wheelchair as needed. They provide resources for dealing with accessibility issues both in and out of the home and re-evaluate as needed for comfort and mobility as function changes.

EMORY

ALS CENTER *Celebrate Life...
Imagine a Cure*



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Occupational Therapist

Our occupational therapist will evaluate the level of independence with activities of daily living and of upper extremity status such as pain, weakness, edema, or range of motion limitations. She will provide education and community resources for adaptive equipment or durable medical equipment to increase independence with feeding, grooming, bathing, dressing, toileting, work-related tasks and/or driving skills. If necessary, appropriate orthotics, positioning techniques or range of motion exercises will be taught.

Download stretching brochures below:

Independent Stretching brochure – [CLICK HERE](#)

Assisted Stretching brochure – [CLICK HERE](#)

Shoulder Stretches – [CLICK HERE](#)