

## TOOLS OF THE TRADE

More times than not rehab tools are created as a consequence of a person's powerful passion to enable the sick to recover. Task specific and cognitive training appears to work, any which way, so long as it is systematic.

Repetition, drill, and over training is the early destiny of TBI patients. The need for repetitive early acute rehabilitation of moderate to severe TBI patients has a remarkable effect on long term recovery and changes functional outcome even months after post injury.

The hard to treat areas such as the patient's decreased ability to distance himself from emotional situations can bring the patient and therapist endless frustration. Time spent on patient observation of himself to increase his perceptual awareness of this particular problem can hold valuable keys to better long-term recovery.

Recent researches encourage early intensive education of the patient to his/her symptoms. The need is not only for treatment but also that the patient understands intensively how his injury is affecting his/her behavior. This also involves drill and over drill, all to be delivered with sensitive timing.

Simple and dual tasking activities are good early intervention tools. Employing a reaching activity while quizzing the patient on his general feelings during the session may decrease his frustration level and provide for him a sense of accomplishment.

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