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# PHYSIOTHERAPY

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### The use of combined treatment procedures during cervical dystonia

Dystonia is characterized by a colorful picture of symptoms. However, the different forms of manifestation, as well as their treatment possibilities, are not sufficiently known. Cervical dystonia is the most prevalent type of dystonia and many patients face a lifetime of chronic disability despite repetitive Botulinum neurotoxin A (BoNT) injections. A synergistic effect of individualized physiotherapy adapted to this disease and the injection of BoNT within outpatient and inpatient neurological rehabilitation is not sufficiently researched. In this workshop the individual therapeutic areas will be explained in the form of a short overview followed by a case study of a patient with torticollis. It is to assess if the results of the therapy show improvement within body functions and activities, as well as the Health related Quality of Life. From the obtained results from this case study, an improvement can be demonstrated after the combination of BoNT-injection and individualized therapy. It becomes clear that a good therapy success is possible only through the implementation of several different therapeutic procedures. This combination offers the patient an extended field of interventions to minimize their symptoms and improve their quality of life.

### Biography

Martina Christine Steinboeck is currently working as a Physical Therapist in the neurological rehabilitation clinic Vivantes in Berlin, Germany, focused on state-of-the-art technology of gait rehabilitation and movement disorders.

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