

Universidade de São Paulo

Faculdade de Medicina de Ribeirão Preto

Roteiro de Cinesioterapia Funcional

Exemplo

Docente : Prof. Dra. Elaine Caldeira de Oliveira Guirro

Docente : Prof. Dra . Ana Claúdia

Nome do Aluno \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Roteiro para a visita ao ambulatório – Instituto de Reabilitação Lucy Montoro (IRLM)

N° do prontuário\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Iniciais do paciente\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sexo: Feminino ( ) Masculino ( ) Idade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Obs:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­\_\_\_

Diagnóstico médico:

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Diagnóstico fisioterapêutico:

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Queixa principal do paciente:

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Tipo de lesão: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tempo de lesão: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tempo de tratamento fisioterapêutico:

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**Elabore breve resumo sobre a fisiopatologia da doença.**

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**Quais os exercícios terapêuticos usados ao longo dos atendimentos? Exercícios de amplitude de movimento, mobilização articular, resistidos, etc.**

**Descreva integralmente o posicionamento, comandos verbais, número de repetições e outros parâmetros que você julgue relevante.**

**Descrever as principais alterações funcionais e sinais-sintomas que o paciente apresentava.**

**Tratamento:**

1. Qual o objetivo principal da cinesioterapia funcional neste caso.

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1. Identificar e citar recursos utilizados durante o tratamento relacionados à cinesioterapia.

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1. Descrever como os recursos (somente Cinesioterapia) são utilizados.

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1. Com qual (is) objetivo (s) os recursos foram utilizados?

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1. Você retiraria ou acrescentaria algo à terapia? Por quê?

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1. Descrever as modificações (ganhos ou perdas) observadas atualmente.

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