

Rehabilitation is the process of helping a person achieve the highest possible level of function, independence, and quality of life after illness, injury, or surgery. It involves structured interventions to restore physical, cognitive, emotional, or social abilities that may have been lost or impaired.

Key Aspects of Rehabilitation: Multidisciplinary: Often includes physiotherapists, occupational therapists, speech-language pathologists, psychologists, and physicians.

Individualized: Tailored to the patient's goals and baseline condition.

Goal-oriented: Aims at regaining abilities and promoting autonomy.

Settings: Can take place in hospitals, outpatient clinics, rehabilitation centers, or at home.

Examples: [Neurological rehabilitation](#) after stroke or traumatic brain injury.

Orthopedic rehabilitation after joint replacement or spinal surgery.

Cardiac rehabilitation after myocardial infarction or heart surgery.

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Last update: **2025/07/04 07:36**

