

FND: Therapies Role in Treatment.

FND stands for Functional Neurological Disorder. Understanding FND is the first step in understanding how you will do with therapy treatments.

Contract with Therapy

It is important to be willing to work hard, be open to learn new strategies, and apply the principles during therapy to improve completion of everyday tasks. **Please read** the information you are given by our team and ask your therapist any questions you have.

What Do Therapies Do?

Physical Therapist

- Give education on coping strategies, movement retraining, and self-management strategies.
- Work on strength, balance, and overall independence with mobility.
- Build confidence in the ability to move and be safe

Occupational Therapist

- Give education on coping and self-management to help with symptoms and triggers
- Focus on tasks like dressing, grooming, bathing, sleeping, etc.
- Assist with how to return to activities like band, sports, clubs, schoolwork, etc.

Speech Therapist

- Give education on language and swallowing
- Help patient to produce clear speech

Therapy Sessions

- Educate about symptoms
- Show you how to interrupt warning signs
- Manage symptoms
- Increase participation in activities
- Talk about thoughts that may influence symptoms, self-esteem, mood, and anxiety
- Set goals

People with functional symptoms often have fatigue, weakness, or discomfort. To overcome this, your therapy team will help you gradually increase the amount of activity you do.

Online FND resources:

- www.neurosymptoms.org
- www.fndhope.com
- www.nonepilepticattacks.info

Video resources:

- What are Functional Neurological Disorders:
<https://www.youtube.com/watch?v=yE8sbxP7694>
- What Causes Functional Neurological Disorders:
<https://www.youtube.com/watch?v=u52rcsud5LE>
- How are Functional Neurological Disorders Diagnosed:
<https://www.youtube.com/watch?v=lcLYqYjO69c>
- How are Functional Neurological Disorders Treated and what is the Prognosis:
<https://www.youtube.com/watch?v=tFx7tokRbu8>
- Neuroplasticity: <https://youtu.be/ELpfYCZa87g>

Apps:

Insight Timer-Meditation app

- Free meditation and music tracks (specific sleep, anxiety, depression specific sessions)

MyFND

- FND helpful information, resources, and support