



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Neurological physiotherapy

Kollárné Kiss Gabriella

Physiotherapist
University of Pécs, Faculty of Medicine
Sport Medicine Department

24/02/2026 Pécs



What is neurophysiotherapy?

- Neurological physiotherapy involves the treatment of people with movement and function disorders that have originated from problems within the body's nervous and neuromuscular system.
- These conditions often manifest themselves as muscle weakness, poor balance and coordination, uncontrolled muscle spasm and tremors, loss of function and decreased sensation.

How does physiotherapy affect neurological diseases?

- **Before the treatment,**
- **Before beginning regular practice,**
- The process of learning itself has a stimulating effect on the nervous system.
-
- **The earlier movement therapy begins,**
-
- **The severity of the disease is a key factor,**
- **Frequent treatments,**

Common neurological conditions include:

- Functional Neurological Disorders
- Stroke, CVA or TIA
- Spinal cord and traumatic brain injuries
- Multiple sclerosis
- Parkinson's disease



In Hospital physiotherapy

- **Passive Limb Exercises,**
- **Positioning / Splinting,**
- **Bed Exercises,**
- **Breathing and Circulation Exercises,**
-
- **Mobilisation,**
- **Mobility Aids,**
- **Discharge Planning,**
- **Tailored Exercise,**



After Hospital

- Hands-on therapies
- Specific exercise prescription
- Home exercise program



Additional treatment options alongside physiotherapy

- Manual therapy
- Massage
- PNF (Proprioceptive Neuromuscular Facilitation)
- Cryotherapy
- Electrotherapy
- Hydrotherapy, balneology



After hospital treatment

- In cases involving the arm or leg, the longer the neurological symptoms persist in the affected limb, the greater the load placed on the opposite side.
- Therefore, physiotherapy for the unaffected side is also necessary to ensure a complete therapeutic approach.
- The patient should be as active a participant in their own therapy as possible.



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

**Thank you for your
attention!**