
Professional Certificate in Mental Health and Physical Disabilities

Physical Disabilities and Health Conditions

Physical Disabilities and Health Conditions Glossary

Adaptive Equipment: Tools, equipment, or devices that assist individuals with physical disabilities in performing daily activities. Examples include wheelchairs, walkers, and grab bars.

Amputation: The surgical removal of a limb or part of a limb due to injury, disease, or infection. Individuals who have undergone amputation may require prosthetic limbs for mobility.

Arthritis: A group of conditions characterized by inflammation and stiffness in the joints, causing pain and reduced mobility. Types of arthritis include osteoarthritis and rheumatoid arthritis.

Assistive Technology: Devices, software, or equipment that help individuals with physical disabilities perform tasks, improve mobility, and enhance independence. Examples include speech recognition software and adaptive keyboards.

Ataxia: A neurological condition that affects coordination, balance, and speech. Individuals with ataxia may experience difficulty walking, writing, or speaking clearly.

Cerebral Palsy: A group of neurological disorders that affect movement, muscle tone, and coordination. Cerebral palsy is typically diagnosed in early childhood and can vary in severity.

Chronic Pain: Persistent pain that lasts for an extended period, often due to a medical condition or injury. Chronic pain can significantly impact an individual's quality of life and daily activities.

Deafness: Complete or partial hearing loss, which may be congenital or acquired. Individuals who are deaf may use sign language, lip reading, or hearing aids to communicate.

Developmental Disabilities: Conditions that affect cognitive, physical, or emotional development, often present from birth or early childhood. Examples include Down syndrome and autism spectrum disorder.

Disability: A physical, cognitive, sensory, or mental impairment that limits an individual's ability to perform daily activities. Disabilities may be visible or invisible and can vary in severity.

Down Syndrome: A genetic condition caused by the presence of an extra chromosome 21, resulting in intellectual disabilities, distinct facial features, and developmental delays.

Duchenne Muscular Dystrophy: A genetic disorder characterized by progressive muscle weakness and degeneration. Duchenne muscular dystrophy primarily affects boys and can lead to mobility challenges.

Epilepsy: A neurological disorder characterized by recurrent seizures, which can vary in type and severity. Individuals with epilepsy may require medication or other treatments to manage their condition.

Fibromyalgia: A chronic condition characterized by widespread musculoskeletal pain, fatigue, and tender points throughout the body. Fibromyalgia can also cause sleep disturbances and cognitive difficulties.

Multiple Sclerosis (MS): An autoimmune disease that affects the central nervous system, causing inflammation, demyelination, and nerve damage. MS can lead to a variety of symptoms, including fatigue, weakness, and mobility issues.

Orthopedic Impairment: Physical disabilities that affect the musculoskeletal system, such as bones, joints, and muscles. Orthopedic impairments can result from conditions like fractures, arthritis, or amputations.

Paralysis: Loss of muscle function and sensation in part or all of the body, typically due to spinal cord injury or neurological conditions. Paralysis can be temporary or permanent, depending on the cause.

Physical Therapy: A healthcare profession focused on improving mobility, strength, and function through therapeutic exercises and interventions. Physical therapists work with individuals with physical disabilities to enhance their quality of life.

Spinal Cord Injury (SCI): Damage to the spinal cord that results in loss of function below the level of injury. SCI can cause paralysis, sensory changes, and other complications depending on the location and severity of the injury.

Stroke: A sudden interruption of blood flow to the brain, leading to brain damage and neurological deficits. Strokes can cause physical disabilities such as weakness, paralysis, and speech impairments.

Visual Impairment: Partial or total loss of vision, ranging from mild to severe. Visual impairments can be caused by conditions like macular degeneration, cataracts, or glaucoma.

Wheelchair: A mobility device with wheels that allows individuals with physical disabilities to move around independently. Wheelchairs come in manual and powered versions and can be customized for individual needs.