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# Assessment Tools used in the Rehabilitation Phase of Pott's Paraplegia

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## ABSTRACT

Pott's paraplegia, a condition caused by spinal Tuberculosis (TB), frequently results in serious motor and sensory impairments. For those with Pott's paraplegia, the rehabilitation phase is essential to enhancing their functional independence, quality of life, and avoiding problems. For the purpose of creating individualised treatment programmes and evaluating advancement, effective assessment is crucial throughout this stage. Physical function, neurological state, psychological well-being, and quality of life are among the several components of the patient's condition that are assessed using a range of assessment instruments. The American Spinal Injury Association (ASIA) Impairment Scale for neurological function is one frequently used tool. The Functional Independence Measure (FIM) to measure Activities of Daily Living (ADLs) and the Berg Balance Scale to measure balance. In addition, instruments such as the World Health Organisation Quality of Life (WHOQOL) questionnaire for psychological and social evaluation and the Visual Analogue Scale (VAS) for pain assessment offer important insights into the comprehensive rehabilitation process.Another essential phase in the assessment process is psychological evaluation, which addresses problems like social isolation, anxiety, and depression that are prevalent in long-term illnesses like Pott's paraplegia. Malnutrition may impair immune function and delay recovery, so nutritional evaluations and interventions are also prioritized. Technology-based tools like virtual reality systems, robotic-assisted devices, and neurostimulation are being used more and more in modern rehabilitation. These tools complement traditional therapies by offering creative and entertaining ways to speed up recovery. In addition to directing therapeutic treatments, these evaluation techniques support patient progress monitoring, realistic rehabilitation goal formulation, and efficient multidisciplinary care. This study examines several assessments utilized in the Pott's paraplegia therapy phase, emphasising their value, advantages, and disadvantages in supporting an all-encompassing rehabilitation strategy.

**Keywords:** Activities of daily living, Pain measurement, Paraplegia, Spinal injuries, Visual analogue scale.