

Physiotherapy Department Lumbar Puncture Patient Instructions

For each of your physiotherapy appointments, please bring a hand held recording device (cell phone, tablet, video recorder, etc.) to each of your appointments. We will be using this device to record your gait pattern, TUG test and 10M walk test pre and post lumbar puncture. The physician will use these videos to help make an appropriate diagnosis.

You are required to attend **three** physiotherapy appointments in total and will be attending all three appointments in the D1 physiotherapy gym. The first two physiotherapy appointments are on the day of the lumbar puncture and one follow-up appointment is scheduled for the following day.

The **first appointment** will take place **at 7:30am on the day of your procedure**. Please come to the physiotherapy department on D1 and head to the reception desk for **7:20am** (you may park in the parking lot out front of the D1 unit – enter the hospital from the Highway 17 entrance heading towards Sturgeon Falls) to fill out all documentation.

You will then meet with a physiotherapist who will perform your assessment. Each assessment will assess the following tests: the **TUG test and the 10M walk test**.

The TUG test is the “**Timed Up and Go test**” which measures gait speed over a 3m distance. The **10M walk test** assesses the time it takes to walk 10M. These tests will be explained to you on the day of your assessment by the physiotherapist. Both of these tests will be recorded using the recording device that you have brought with you.

In addition to these tests, the physiotherapist will go through a brief subjective history and ask you questions regarding your health status, your mobility status, and any symptoms you have noticed over the past few years on your initial appointment only.

The **second physiotherapy appointment** will take place at **1:00pm** in the same location as the initial assessment. You will complete the same tests that were

administered in the morning appointment. The tests will be recorded using the recording device you have brought with you.

The **third physiotherapy appointment** will take place at **9:00 on the following day** after your procedure. Once again, the TUG and the 10M walking test will be performed and recorded.

Upon completion of all three testing appointments a report will be sent to the referring physician with all of your testing results. The purpose of the physiotherapy appointments, recordings, and tests are to give the referring physician or specialist information to help support a diagnosis of Normal Pressure Hydrocephalus (NPH).

Disclaimer:

*** This flyer contains general information which cannot be construed as specific advice to an individual patient. All statements in the flyer must be interpreted by your personal Physician or therapist who has the knowledge of the stage and the extent of your particular medical condition. Any reference throughout the document on specific pharmaceutical products does not imply endorsement of any of these products. Please visit our website at www.nbrhc.on.ca