

Case study for driving:

Background Information

G is a 39 years old female who is diagnosed with Multiple Sclerosis. She was referred to Occupational Therapy Department to determine her qualifications and capabilities for driving a car. She tried to drive a car for few times near her house under supervision of her mother. Driving her own car is meaningful for her. She is willing to drive a BMW salon car.

Clinical Assessment

- A) Vision: appear intact
- B) Hearing: appears normal.
- C) Cognitive and visual perceptual skills

G's performance in the cognitive and perceptual assessment tools indicated good skills compared to females of her age group. She was able to follow instructions. But she had minimal difficulty to maintain attention throughout the assessment session in the presence of distractions.

D) Motor skills

- *Range of Motion (ROM)*: G has normal ROM in upper & minimally limited in right lower extremity
- *Manual Muscle Testing (MMT)*: G has good muscle strength in upper & lower extremities.
- *Balance*: G is walking independently with supervision for short distance and using wheelchair for long distance. The higher-level balance skills were done with difficulties.
- *Physical Endurance*: G had fair physical endurance during the assessment session.

According to the clinical assessment results, G has good potentials to be able to drive her own car after receiving some interventions.

Interventions provided:

- **Attention:**
 - Complete pieces of interconnected puzzles.
 - Told the patient a set of letters and she has to tap when she hears a specific letter.
 - 5 differences between pictures.

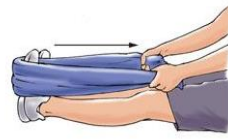
Case study for driving:

- **ROM:**

- Exercises like those in the picture

- **Endurance:**

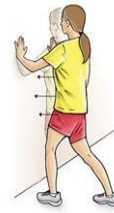
- Performed several physical activities like walking for 5 mins or some tabletop activities including puzzles to improve her endurance.



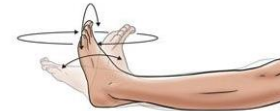
Towel stretch



Standing calf stretch



Standing soleus stretch



Ankle active range of motion



Resisted ankle dorsiflexion



Resisted ankle plantar flexion