

Common Concerns for People with Physical Disabilities

Future Thinking

Contact your health professional team for support with any of the following.

Jaw

Pain around the jaw, or a locked jaw.

Teeth and gums

Mouth pain, trouble with biting and chewing or difficulty brushing teeth.

Swallowing

Coughing when eating or drinking or have any difficulty swallowing food or drink.

Communicating

Difficulty communicating with family, friends or support people.

Heart

Headaches, dizziness, vertigo, history of blood pressure problems or pain or discomfort in the chest, arm, back, neck or jaw.

Elbow, forearm and hands

Pain in the hands, forearms or elbows, muscle contractures, difficulty completing activities with hands and arms or trouble maintaining hand hygiene.

Knees

Pain in the knees, walking and transferring with hips or knees bent or increased difficulty walking.

Ankles and feet

Pain in the ankles or feet when walking or standing, particular flatness in the feet, or muscle tightness in the feet or legs.

Mental Health

Feeling low, stressed or worried.

Neck

Pain, difficulty moving or changes in feeling in the hands and legs.

Shoulders

Pain, joint dislocation, difficulty with activities that require arms to move away from the body.

Respiratory

Regular chest infections that require antibiotics or result in hospitalisation. Also, lower than recommended weight, difficulty swallowing, difficulty with independent movement or pain in the chest region.

Gastrointestinal

Reflux, constipation or any other problems with the bowel.

Hips and pelvis

Pain in the hips or pelvis, feelings of joints moving or being out of joint, difficulty keeping legs equally apart when sitting, or changes in transfer or gait when walking.

