vYk;G jir rk;ge;jg;gl;l Cdq;fs;  
(Orthopaedic Disabilities)

Cdk; ,uz;L tifg;gLk; - gpwtpapNyNa Vw;gLk; Cdk;> gpwe;j gpwF Vw;gLk; Cdk; gpwtpapNyNa Vw;gLk; Cdk;> jha; fUTw;wpUf;Fk; NghJ kUj;Jt MNyhridapd;wp kUe;J khj;jpiu rhg;gpLtJ> chpa jLg;G+rpfs; Nghl;Lf;nfhs;shjJ> rj;jhd-Njitahd czT cl;Lnfhs;shjJ> uj;j cwtpy; jpUkzk; nra;J nfhs;tJ Nghd;w ,d;Dk; gy fhuzq;fshy;> Foe;ij gpwf;Fk; NghJk; Neha;tha;g;gLjy;> tpgj;Jf;fs;> gpurt Neu ftdf;FiwT> mghafukhd tpisahl;Lf;fs;> nfhLf;fg;gLk; cztpy; rj;J FiwT> Nghd;w fhuzq;fshy; Foe;ij gpwe;j gpwFk; Cdq;fs; Vw;gLfpd;wd.

**m. gpwtpapNyNa Vw;gLk; Cdq;fs;**

**1. jha; fHg;g Kw;wpUf;Fk;NghJ Neha;tha;gLjy;:**

xUjha; fHg;gKw;wpUf;NghJ kpfTk; MNuhf;fpakhf ,Uf;f Ntz;baJ mtrpak;. Cs hPjpahfTk;> cly; hPjpahfTk; mts; jd;id jahhpj;j gpwNf fUjhpf;f Ntz;Lk;. mg;NghJjhd; xU jha; jd; tapw;wpy; tsUk; Foe;ijf;F Njitahd nourishment. nfhLf;f KbAk;. ,JNt xU Foe;ij MNuhf;fpakhf fUtpy; tsu cjTfpwJ. fUtpy; tsUk; Foe;ijf;F Njitahd nourishment I xU jha; nfhLf;fhtpl;lhy;> mJNt fUtpy; tsUk; Foe;ijia cshPjpahf ghjpj;JtpLk;. ,jdhy; fUtpy; tsUk; Foe;ij cly;hPjpahd ghjpg;Gfis/,og;Gfis/ Cdq;fis milAk;. vdNt xU fU Foe;ijahf tsu Kjypy; jha; gpd;G rKjhaj;jpdhpd; gq;F Muk;gfhyj;jpNyNa ,d;wpaikahjjhfpwJ.

jha; fUTw;wpUf;Fk;NghJ> jha;f;F Vw;gLk; Neha;fs;> jhapd; tapw;wpy; fUthf ,Uf;Fk; Foe;ijia ghjpf;f tha;g;G ,Uf;fpwJ. VdNt> jha; fUTw;wpUf;Fk;NghJ mts; ve;jtpjkhd Neha;fshYk; ghjpf;fg;glhky; ghHj;Jf;nfhs;s Ntz;baJ mtrpak; kQ;rs; fhkhiy> ilgha;L> fhrNeha; Nghd;w Neha;fshy; xU jha; ghjpf;fg;gLk;NghJ jhapd; tapw;wpypUf;Fk; Foe;ijAk; ghjpf;fg;gLfpwJ. ,t;thW Nehapdhy; ghjpf;fg;gLk; fUTw;w jha;khHfs; jq;fs; tapw;wpypUf;Fk; Foe;ijCdkhf gpwg;gij jtpHg;gjw;fhf chpa kUj;Jt MNyhridfs; ngw Ntz;Lk;. mt;thW kUj;Jt MNyhrid ngwtpy;iynadpy;> gpwf;Fk; Foe;ijfs;> CdKw;w Foe;ijfshf gpwf;f mjpf tha;g;gpUf;fpwJ.

**2. cztpy; Nghjpa rj;J ,d;ik**

jha; fUTw;wpUf;Fk; NghJ> kpfTk; rj;jhd czT tiffis cl;nfhs;s Ntz;Lk;> NkYk;> Rj;jkhd czT> ePH cz;z Ntz;Lk; cilfisAk; Rw;Wg;Gwj;jijAk; J}a;ikahf itj;Jf; nfhs;s Ntz;Lk; cztpy; gr;ir fha;fwpfs;> ghy; Kl;il> ,iwr;rp> gUg;G tiffs; Nghd;wit mlq;fpa rkr;rPH czit fUTw;w jha; NrHj;Jf; nfhs;s Ntz;baJ mtrpak; xU jhapd; fHg;g fhyj;jpy;rj;jhd czT cz;zhjJk;> Rj;jkhd Rw;Wg;Gwj;ij guhkhpf;fhjJk; jd; fUtpy; tsUk; rpRtpd; tsHr;rpia ghjpf;Fk;. ,jdhy;> gpwf;Fk; Foe;ijfs; vil FiwthfTk;> Neha;tha;g;gl;l Foe;ijfshfTk; gpwf;f tha;g;G cs;sJ vil Fiwthf gpwf;Fk; Foe;ijfSf;F %is tshr;rp Fiw Vw;gl mjpf tha;g;Gfs; cs;sd fhg;g fhyj;jpy; Kjy;ehd;F khjj;jpy;jhd; Foe;ijapd; cly; cWg;Gfs; rPuhf tsHr;rpaile;J tUk;. ,e;j fhyfl;lj;jpy; jhd; fUTw;w jha;f;F mjpf Cl;lr;rj;J jha;f;Fk; fUtpypUf;Fk; Foe;ijf;Fk; Njitg;gLfpwJ. ,e;j Ntisapy; rj;jhd czT fpilf;fhj/cl;nfhs;shj jha;f;F gpwf;Fk; Foe;ijfs; Cdkhf gpwf;f tha;g;Gfs; cs;sd.

**3. uj;j cwtpy; jpUkzk; nra;jy**;

uj;j cwtpy; (mf;fhs; kfis> mj;ij kfid> khkd; kfis) jpUkzk; nra;J nfhs;tjhy;> gpwf;Fk; Foe;ijfs; Cdkhf gpwf;f tha;g;G cs;sJ. %is tsHr;rp Fiw> gpsTgl;l cjL> gpsTgl;l if> fhy; tpuy;fs;> Nfhzy; ghjk;> if fhy;fspy; tpuy;fs; mjpfkhf ,Uj;jy;> Fiwthf ,Uj;jy;> tpuy;fs; ,y;yhky; ,Uj;jy;> gpwf;Fk; NghNj ,jaj;jpy; Xl;il> gpwf;Fk; NghNj Njhy; tpahjpfNshL gpwj;jy; Nghd;wit nrhe;jj;jpy; jpUkzk; nra;J nfhz;l ngw;NwhHf;F gpwf;Fk; Foe;ijfSf;F gpwtpapNyNa Vw;gLk; Czq;fspy; rpy ,j;jifa ngw;NwhHf;F gpwf;Fk; Foe;ijfs; midj;Jk; fl;lhakhf Nkw;$wpa CdKw;w Foe;ijfshf gpwf;f Ntz;Lk; vd;W ,y;iy (see disabilities due to unknown reasons) rpy Ntisfspy; rhjhuz Foe;ijfshf gpwf;ff;$ba tha;g;Gfs; cs;sd.

**4. uj;j tif NtWgLjy;**

jha; je;ij Mfpa ,Uthpd; clypy; cs;s ,uj;jpq;fspd; tiffs; NtWgLtjhy; rpy Ntisfspy; xt;thik Vw;gLfpwJ ,jdhYk; ,j;jifa ngw;NwhHf;F gpwf;Fk; Foe;ijfs; CdKw;w Foe;ijfshf gpwf;f tha;g;G cs;sJ. jpUkzj;jpw;F Kd; fk;A+l;lH %yk; [hjf gyd;fis fzpj;J jpUkzj;ij epr;raf;Fk; ehk; jpUkzj;jpw;F Kd; tujl;rizia Kiwahf Ngrp njspTgLj;jp nfhs;Sk; ehk; jpUkzj;jpw;F gpwF gpwf;Fk; Foe;ijfs; Cdk; ,y;yhj Foe;ijfshf gpwg;gjw;F Ntz;b Nkw;$wpa uj;j tif NtWghL cs;sjh? vd;gij Nrhjpj;J ghHj;J nfhs;tJ ey;yJ.

**5. rhpahd kUj;Jt MNyhridapd;wp fUf;fiyg;G nra;jy;**

ekJ rKjhaj;jpy; kUj;Jthpd; MNyhridapd;wp rpfpl;ir nra;J nfhs;tJ xU fyhr;rhuk; ( Fashion) Mfp tUfpwJ. fUTw;w xU jha; jd; tapw;wpy; tsUk; fU / Foe;ij Njitapy;iy vd;W czUk; NghJ kUj;Jthpd; MNyhridAld; jhd; fUfiyg;G nra;J nfhs;s Ntz;Lk; rhjhuzkhf kUj;JtHfs; rpfpl;ir mspf;Fk; NghJ Neha;tha;g;gl;lthpd; cly; epiyia fUj;jpy; nfhz;L mtUila cly; epiyf;F Vw;w rf;jp cila kUe;J khj;jpiufis ghpe;Jiug;ghH ,J kpfTk; mtrpakhd xd;whFk;. mJ Nghy fUfiyg;G nra;Ak; NghJ kUj;JtH fUTw;w ngz;zpd; cly; epiyia Nrhjid nra;J Kjypy; fU fiyg;G nra;a ,aYkh vd;gjid> fUTw;w ngz;zpd; cly; epiyia fUj;jpy; nfhz;L KbT nra;thH. mjd; gpd;dNu fUfiyg;G nra;a ghpe;Jiug;ghH ,j;jifa Nrhjidfs; nra;J cly; epiyf;F Vw;w Kiwfspy; fUfiyg;G nra;atpl;lhy; gy Ntisfspy; fUTw;w ngz;zpd; capUf;Nf Mgj;jhf tpisAk; rpy ntisfspy; mJ Koik ngwhj fUfiyg;ghf KbAk; ,j;jifa Koikngwhj fUfiyg;G nra;J nfhz;l gpwF gpwf;Fk; Foe;ijfs; CdKw;w Foe;ijfshf gpwf;fpd;wd. ek; ehl;by;gy fUfiyg;Gfs; gapw;rp ngw Rfhjhukw;w Kiwfspy; elj;jg;gLfpd;wd ,jd; tpisthfTk; KOik ngwhj fU fiyg;gpdhy; CdKw;w Foe;ijfs; mq;ftPdkhf gpwj;jy;> Fs;skhf gpwj;jy;> %istsHr;rp Fiw Nghd;wit ,j;jifa Cdq;fspy; rpy.