



BARRIERS TO REHABILITATION IN A FILIPINO MIGRANT WORKER WITH A SHOULDER INJURY: A CASE FROM A COMMUNITY FREE HEALTH CLINIC

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BACKGROUND

- High physical demands in migrant labor increase musculoskeletal injury risk.
- Limited insurance, finances, and cultural factors delay care.
- These barriers lead to chronic pain and reduced function.

CASE DESCRIPTION

- **Patient:** 50-year-old Filipino female, home health aide
- **Presentation:** Progressive shoulder pain from repetitive lifting
- **Barriers:** Lack of insurance, job insecurity, cultural reliance on home remedies
- **Exam:** Restricted abduction, weakness, positive impingement
- **Assessment:** Possible rotator cuff tear
- **Follow-up:** Concern over cost and missed work delayed therapy

“EQUITABLE REHABILITATION ACCESS IS VITAL FOR MIGRANT WORKERS- EARLY PAIN MANAGEMENT AND CULTURALLY AWARE CARE PREVENTS CHRONIC DISABILITY.”



SOLUTIONS: Free Clinics, Culturally sensitive education, Early rehab referral

CONCLUSION

- Filipino migrant workers face systemic barriers to pain and rehab care.
- Addressing financial, occupational, and cultural factors promotes equity.
- Free clinics and interprofessional collaboration improve outcomes.

REFERENCES

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IRB Statement and Patient Consent
IRB: This case report is exempt from IRB review per Damayan policy.
Consent: Informed consent obtained for presentation and publication.