

Occupational Therapy Toolkit

Post-Polio Syndrome

Functional Limitations:

ADL, IADL, work and leisure impairments
Functional mobility impairment
New or increased muscle weakness
New or increased pain
New or increased fatigue which is greater in the afternoon
Decreased muscle tone
Limited ROM - hips, ankles, cervical spine, shoulders, scoliosis, kyphosis
Impaired balance
Dyspnea
Cognitive dysfunction related to fatigue affecting memory and concentration
Environmental barriers
Knowledge deficit
Fall risk
Other symptoms and conditions - restrictive lung disease, cold intolerance, dysphagia, depression, carpal tunnel syndrome, cubital tunnel syndrome, sleep apnea, osteoarthritis, myofascial pain syndrome, fibromyalgia

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...

- Recommend and/or provide adaptive equipment and alternative methods to compensate for muscle weakness, paralysis and ROM limitations
- Instruct in energy conservation techniques with application to ADL's
- Driving assessment and adaptations

Functional mobility training

- Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks

Provide graded UB activities and exercises to improve strength and endurance

- Low-moderate intensity, short duration, regular rests, with adequate time for muscles to recover, do not exercise to point of muscle fatigue, monitor changes in fatigue, muscle soreness and weakness

A specific suggestion is to exercise every other day, and the perceived rate of exertion should be less than "very hard"

- Loads should be held for only 4-5 seconds, and there should be a 10-second rest between bouts and a 5-minute rest between sets
- The patient should perform about 3 sets of 5-10 repetitions

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Provide cognitive retraining and training in the use of compensatory strategies

Instruct in pain management techniques

Teach stress management and relaxation techniques, instruct in coordinating medication peak with exercise and activity, educate in the use of superficial heat and cold

Instruct in pursed lip breathing techniques applied during ADL tasks

Provide functional balance activities to increase balance confidence

Educate regarding falls risk and prevention strategies

Assess home safety and functional safety and provide environmental modifications and adaptations

Assist in developing self-management skills (effective communication, positive coping strategies, stress reduction, physical activity and exercise, medication management, healthy eating, and making informed decisions about medical and alternative treatments)

Educate patient and caregivers about post-polio syndrome, the availability of community resources and encourage participation in support groups

Patient Education:

1. Pursed Lip Breathing Technique
2. Superficial Heat
3. Superficial Cold
4. Upper Body Strengthening and Stretching Exercises
5. Hand Strengthening Exercises
6. Memory Compensation Techniques
7. Energy Conservation Principles
8. Energy Conservation with Self Care Activities
9. Energy Conservation with Meal and Home Management
10. Stress Management and Relaxation Techniques
11. Falls Risks Assessment and Prevention Strategies
12. Home Safety and Functional Safety Assessment