

POST-POLIO HEALTH

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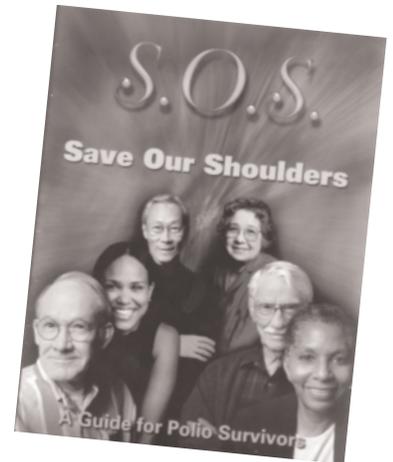
EXCERPTS FROM

S.O.S. Save Our Shoulders: A Guide for Polio Survivors

Jennifer Kuehl, MPT; Roberta Costello, MSN, RN; and Janet Wechsler, PT; Moss Rehabilitation Research Institute, Philadelphia, Pennsylvania

Many polio survivors report new symptoms as they age. Some of the more common symptoms include loss of strength, fatigue, muscle twitching, cramping, and muscle or joint pain. These symptoms, combined with muscle weakness caused by the poliovirus, often lead to problems with activities like climbing stairs or getting up from a chair or sofa.

When muscle weakness and/or pain is present in one area of the body, people often compensate by putting more stress on another area of the body. For example, polio survivors who have weak leg muscles often rely on their arms to assist with mobility-related tasks such as pushing off of the armrests of a chair when getting up or pulling upon the railing when going up a flight of stairs. This behavior can increase the risk for symptoms of shoulder overuse. These symptoms can include pain, swelling, weakness, and loss of motion or function in one or both shoulders.



Want a copy?

S.O.S. Save Our Shoulders can be downloaded from www.einstein.edu/polioandmobility.

Internet not available?

Call Roberta Costello, MSN, RN, at 215-456-4993.

Facts about Shoulder Problems

- Shoulder problems are one of the most frequent complaints in the post-polio population.
- Shoulder issues are also common among older adults without a history of polio, occurring in about 30% of people who are 60 years and older.
- Shoulder problems can increase with age and changing levels of physical activity.
- People who are involved in sports are not the only ones to suffer from shoulder problems.
- Shoulder problems are common in those with long-standing medical conditions such as post-polio syndrome, arthritis, spinal cord injury, stroke (CVA) or multiple sclerosis.

Our research has shown that polio survivors who have weakness in their legs or who are overweight are at high risk for developing shoulder problems.

Shoulder Problem Treatment Options

1. Rest
2. Cold Pack or Hot Pack
3. Massage
4. Ultrasound
5. Aquatic Therapy
6. Electric Stimulation
7. Anti-inflammatory medicines or cortisone injections
8. Pain Management at a pain clinic
9. Modifications (home/work; adaptive devices or equipment; lifestyle changes)
10. Surgery

And, education and exercise

The comprehensive, colorful 32-page booklet is based on research at Moss Rehabilitation Research Institute. The investigators were Mary Klein, PhD, Mary Ann Keenan, MD (now at the University of Pennsylvania) and Alberto Esquenazi, MD.