



Rancho Los Amigos

Post-Polio

Support Group

Newsletter - July 2006

Most Frequently Asked Post-Polio Syndrome Questions

With Vance Eberly, MD (orthopedist)

Rancho Los Amigos Rehabilitation Center Post-Polio Clinic

Downey, California

December 2005

1. Do I have post-polio syndrome (PPS)?

- Recovered from acute polio
- Symptoms were stabilized
- New onset symptoms:
 - weakness
 - fatigue
 - pain
 - atrophy
- Other causes eliminated

2. What causes PPS?

- Loss of muscle cell recruitment by overworked neurons
- Neuronal cell death

These processes are irreversible.

(Continued on page 2)

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(Continued from page 1)

3. Will I get weaker?

Yes and No

Depends on you

A. Progressive Weakness

Overweight

Persistent muscle overuse

B. Stabilization of Weakness

Maintain appropriate weight

Avoid end of the day exhaustion

Budget time

Frequent rest periods

Get help

Use braces/crutches/wheelchairs

4. Is there a medication I can take?

No current established medication for the treatment of PPS

5. Can I exercise?

Obtain complete manual muscle test to assess strength

- Yes – if muscle being exercised is grade 3+ or greater

Low impact

Submaximal

3days/wk

- No - if strength is grade 3 or less

6. Is surgery dangerous with PPS?

- Surgery is safe

Might require less sedation

Avoid succinylcholine – it can cause muscle pain

(Continued on page 3)

(Continued from page 2)

- Inform anesthesiologist:
PPS
Sleep apnea
History of respiratory paralysis

7. Should I have joint replacement surgery?

Surgery and PPS

Longer post-op recovery
Possible loss of function

- Joint replacement will:
eliminate arthritis pain
correct deformity
- Joint replacement will not:
increase strength
substitute for bracing

8. Knee Replacement

- May require custom prosthesis
- Will lose hyperextension
- Will need to continue pre-op bracing
- Post-op physical therapy should emphasize range of motion, not strengthening.

9. Hip Replacement

- May need custom prosthesis
- Must have grade 3 or better hip abductor strength

This outline is based on a presentation to the Rancho Los Amigos Post-Polio Support Group on December 4, 2005. Dr. Eberly has been our guest several times and his presentations are always informative. We are honored to have him as a resource. If you have specific PPS questions you may send them to us and we will try to incorporate them in Dr. Eberly's next presentation.

