DD SIG Episode 46: Post-Polio Syndrome with Carolyn Da Silva
In this installment of our series on rare neurologic diseases, Ken Vinacco talks with Carolyn Da Silva about post-polio syndrome (PPS), which can occur in up to half of polio survivors 15-20 years after their initial poliomyelitis infection. The constellation of symptoms include new or worsening weakness, pain, and fatigue. Ken and Carolyn discuss all facets of treating this unique population, including considerations for conducting a thorough examination, bracing solutions, and exercise recommendations.

The Degenerative Diseases Special Interest Group is part of the Academy of Neurologic Physical Therapy – www.neuroPT.org

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Key Moments:
9:09 – Carolyn talks about the presentation of post-polio syndrome including the hallmark symptom of PPS and the broader cluster of symptoms in PPS; the predictors of PPS; and research shedding new light on the etiology of PPS.

17:42 – Ken asks Carolyn about the nuances of performing an examination on patients with PPS, and the particular importance of history taking, patient education, and patient buy-in in this population.

27:42 – Carolyn discusses bracing solutions, exciting technological advancements in bracing, and why custom bracing is so important for patients with PPS.

45:34 – Ken asks Carolyn to share the one thing she wants every therapist to know about treating patients with PPS.

For More Information on PPS:
National Institutes of Health (NIH): https://www.ninds.nih.gov/health-information/disorders/post-polio-syndrome
National Organization for Rare Disorders (NORD): https://rarediseases.org/rare-diseases/post-polio-syndrome/

Related resources:
Post-Polio Health International: https://post-polio.org/

Bruno, R. L., HD, PhD (2003). *The Polio Paradox*. Grand Central Publishing. https://www.hachettebookgroup.com/titles/richard-l-bruno-hd-phd/the-polio-paradox/9780446690690/?lens=grand-central-publishing

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Related articles:

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Ofran, Y., Schwartz, I., Shabat, S., Seyres, M., Karniel, N., & Portnoy, S. (2021). Falls in Post-Polio Patients: Prevalence and Risk Factors. Biology, 10(11), 1110. https://doi.org/10.3390/biology10111110

Ramachandran AK, Goodman SPJ, Jackson MJ, Lathlean TJH. Effects of muscle strengthening and cardiovascular fitness activities for poliomyelitis survivors: A systematic review and meta-analysis. J Rehabil Med. 2021 Apr 27;53(4):jrm00184. doi: 10.2340/16501977-2832. PMID: 33876251; PMCID: PMC8814870.