

PRESCRIPTION OF AND SATISFACTION WITH THE USE OF LOWER LIMB ORTHOTIC DEVICES IN PERSONS WITH POST-POLIO SYNDROME

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Introduction

Persons with post-polio syndrome (PPS) can experience new or increased muscle weakness, fatigue and pain. This can affect their ability to walk and perform activities of daily living. One part of the interdisciplinary rehabilitation process for persons with PPS is to prescribe an appropriate orthotic device with the aim to preserve their function and/or improve their ability to walk and perform activities of daily living.



Aims

To investigate what kind of orthotic devices for the lower limb that are prescribed to persons with PPS, to what extent these devices are used and to explore the persons' satisfaction with their use of the prescribed devices in daily activities.

Methods and material

Data were obtained from the medical records of a total of 133 persons that had attended a specialised post-polio clinic and from 98 of these 113 persons that responded to a self-report questionnaire. This questionnaire focussed on the use of orthotic devices, the prescription process and aspects of impairments, activity limitations and participation restrictions and their reductions as a result of the prescribed orthotic device.



Results

A majority of the prescribed orthotic devices were insoles and shoes. The participants reported that they used their devices most of the time and that it had a positive effect on their impairments, activity limitations and participation restrictions. They reported that their pain and fatigue was reduced in various daily activities and that their balance and safety during walking had improved. They also reported that the effect of the orthotic device was very much as they expected and that interaction between themselves, the orthotist and the physiotherapist was important.

Conclusions

Orthotic devices prescribed as part of the rehabilitation for persons with PPS is often rather basic but they are used to a great extent and are perceived as beneficial by the persons themselves.