



GÖTEBORGS UNIVERSITET

Pain in polio survivors

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Pain

An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.

Pain is a subjective experience

International Association for the Study of
Pain (IASP) taxonomy

<http://www.iasp-pain.org//AM/Template.cfm?Section=Home>

How common is pain?

Muscle pain during effort	78%
Joint pain during effort	69%
Back pain	66%

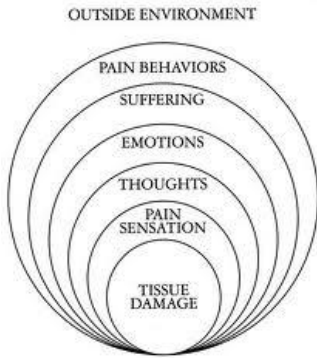
133 consecutive patients average age 57 year
(Thorén-Jönsson & Grimby 2000)

How common is pain?

- Pain was present in 109 (67%).
- Pain was more frequently reported by women (82%) than by men (49%).
- Pain was more often found in younger patients (around 70%) than in older patients (around 50%).

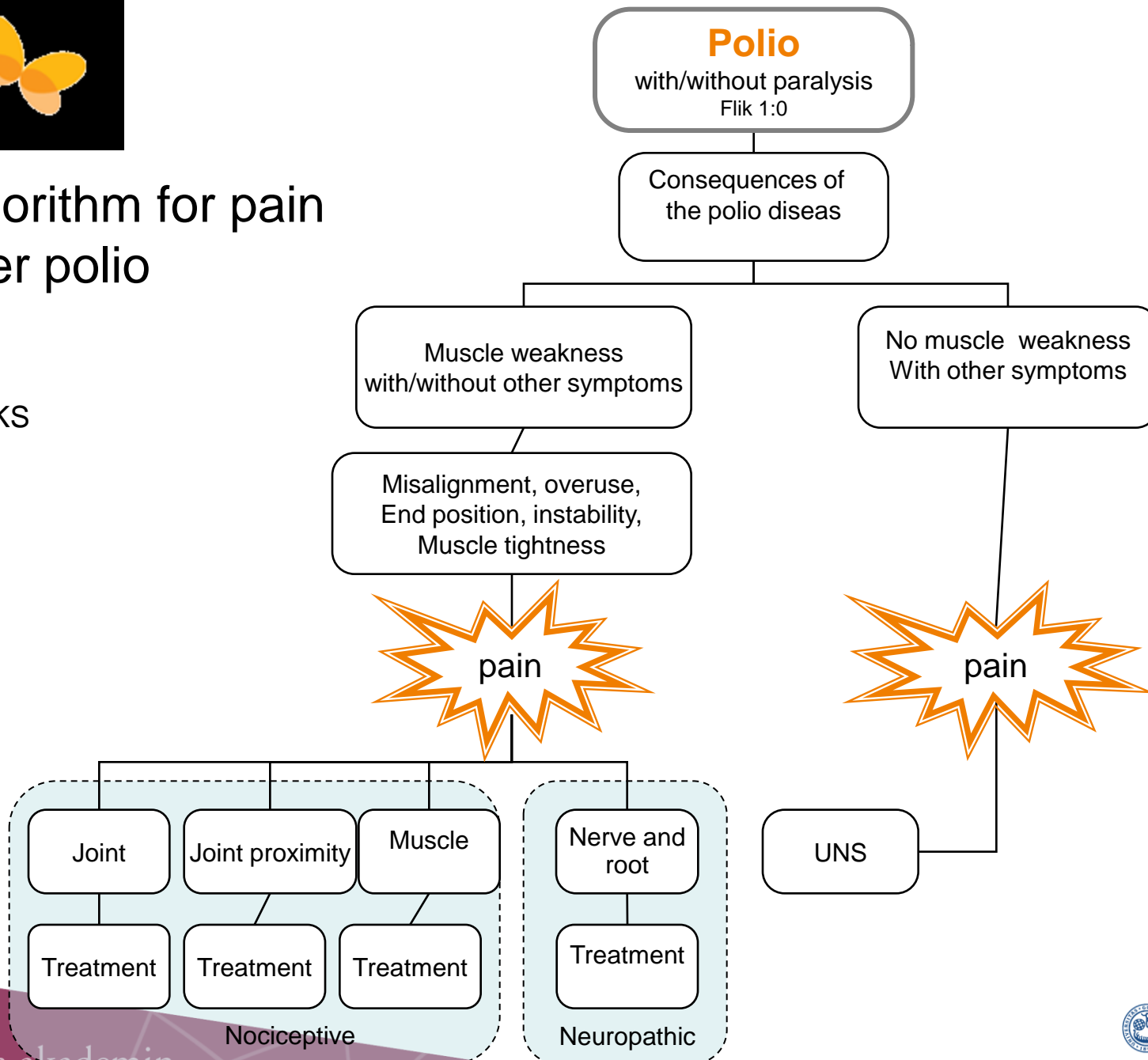
One hundred sixty-three patients (88 women, 75 men)

J Neuro, 2010 Jun;257(6):1027-31. Werhagen and Borg



Algorithm for pain after polio

Espelund C
Lexell J
Sunnerhagen KS
Willén C



Types of pain

- 96 patients experienced nociceptive pain
- 10 patients both neuropathic and nociceptive pain
- 3 experienced pure neuropathic pain.

J Neuro, 2010 Jun;257(6):1027-31. Werhagen L and Borg K

Pain and activity

- > 50 % have pain every day
- strong association between physical activity in daily life and experience of pain
- when there is much pain, the spontaneous and maximal walking speed may be almost the same

Willén & Grimby: Pain, physical activity and disability in individuals with late effects of polio. Arch Phys Med Rehabil 1998;79:915-919

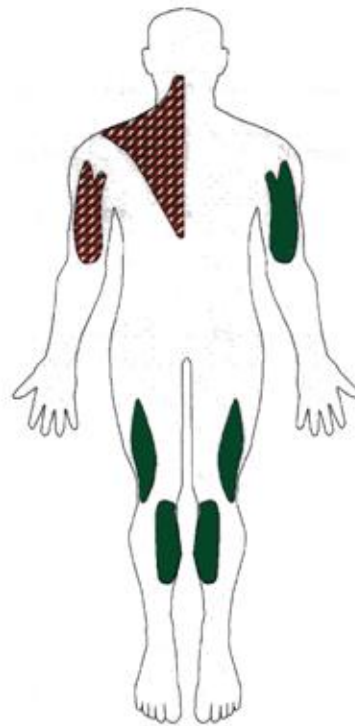
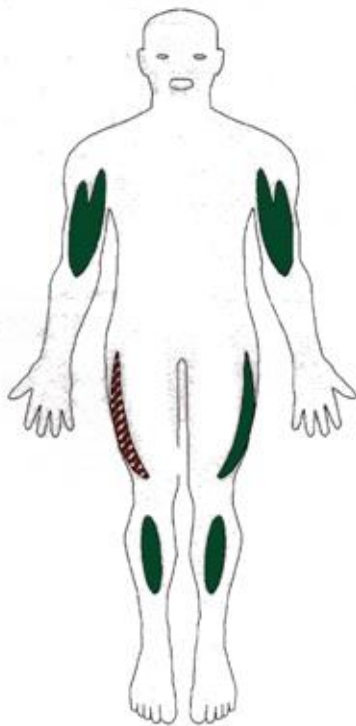


Clinical examination Diagnostic assessment



Namn
ID
Kön **Kvinna**
Ålder **69**
Lab.ass.
Läkare **åf**
Diagnos

Längd **167**
Födelsedatum **37.1.00**
Rapportdatum **07.02.28**
Unders.datum **07.02.20**
Unders.nr **00018824**



-  Utt Myopati
-  Myopati
-  Normal
-  Lä inakt Neur
-  Mät inakt Neur
-  Utt inakt Neur
-  Lä subak Neur
-  Mät subak Neur
-  Utt subak Neur
-  Akut part den
-  Total denerv.
-  Reduc. #MU
-  Myastent tillst
-  Central svaghet
-  Annat

Energy shortage

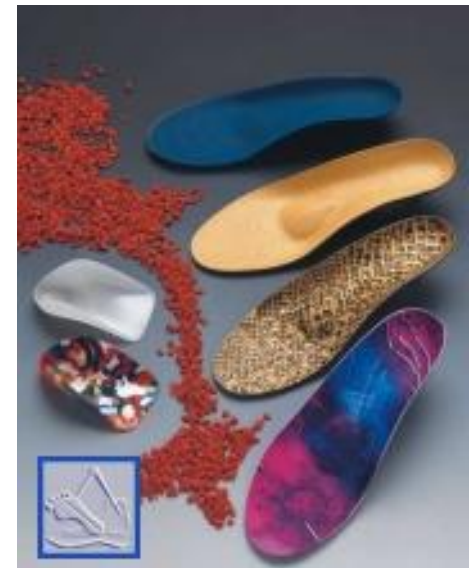
1. Adapt to the situation
2. Choose to use the energy on both necessary and interesting areas in order to have balance and quality



Pool exercise



External support for the weak extremity

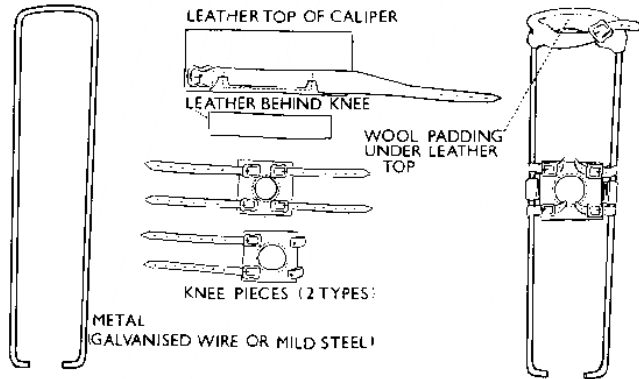


1/3 had insoles or modified shoes

133 consecutive patients average age 57 year
(Thorén-Jönsson & Grimby 2000)

External support for the weak extremity

MANUFACTURE OF A SIMPLE CALIPER



COMPLETED SIMPLE ABOVE AND BELOW KNEE CALIPERS

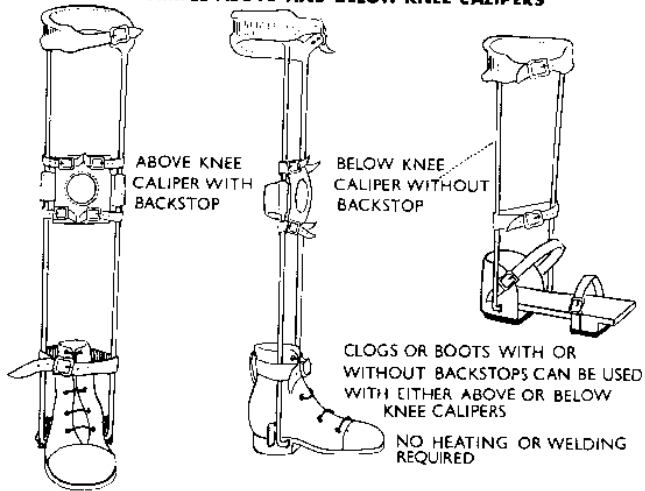


Fig. 31(d)
© R.L. Huckstep, 1975



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"DUE TO CURRENT MARKET CONDITIONS, I'M RECOMMENDING THAT MY CLIENTS INVEST HEAVILY INTO PAIN MEDICATION COMPANIES."

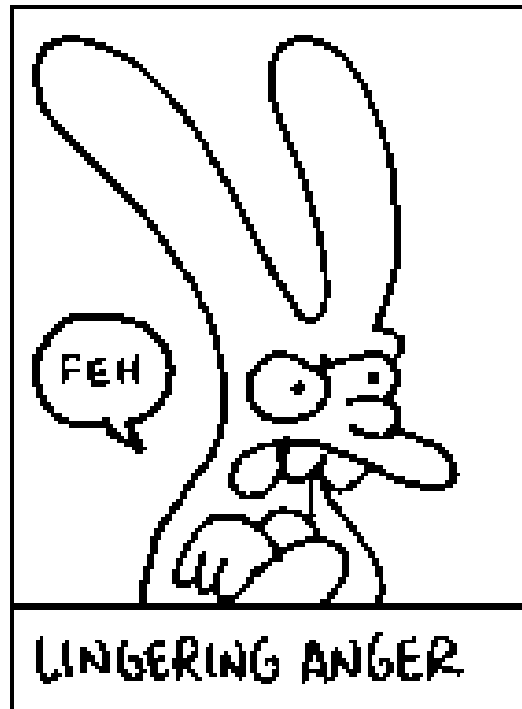
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Pain medications vary considerably and each pain medication has its advantages and risks

#ADAM

Stress





Thank you!

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