

Physical Therapy Intervention in Post-Polio Syndrome

Sandhya Kille*

Department of Microbiology, Acharya Nagarjuna University, Guntur, Andhra Pradesh, India

Received: June 10, 2021; **Accepted:** June 17, 2021; **Published:** June 24, 2021

Perspective

Despite the effective immunization campaign, a new illness known as Post-polio syndrome has emerged (PPS). PPS is a syndrome that affects polio survivors' years after they have recovered from an acute poliomyelitis episode. The main symptom of post-polio syndrome is new weakness in muscles that were previously affected by the polio infection as well as those that appeared to be unaffected.

More than 440,000 polio survivors in the United States may be at risk for post-polio syndrome, according to the National Center for Health Statistics. Researchers are unable to determine a precise prevalence rate, but they estimate that the illness affects 25% to 50% of survivors, with a possibility of up to 60%.

Diagnosis

There is no definitive laboratory test for PPS, and symptoms can sometimes be mistaken for other neurological illnesses; ruling out these and other probable skeletal conditions is the first step toward a PPS diagnosis.

Physical Therapy Management

We are discussing about the There is no cure for PPS, and no pharmaceutical treatments have been identified as successful in halting or reversing the progression or symptoms to yet. The focus is currently on symptom management,

Plan for Rehabilitation

Strengthening programs followed exactly as stated result in a 60% increase in isokinetic strength, an improvement in cardiorespiratory status, no strength drop in 6-12 months, and a 5% gain in isometric strength.

***Corresponding author:** Sandhya Kille

✉ sandhyaranikillae96@gmail.com

Department of Microbiology, Acharya Nagarjuna University, Guntur, Andhra Pradesh, India.

Tel: 8801858923

Citation: Kille S (2021) Physical Therapy Intervention in Post-Polio Syndrome. J Physiother Res Vol.5 No.6:26

Use of Modalities

Electrical stimulation has been used to strengthen weakening muscles, reeducate muscles that have become weakened due to disuse, and to reduce pain.

Prevention

Many people who have had polio wonder if there is a way to prevent post-polio syndrome. There is currently no treatment that can arrest the degeneration of surviving neurons. Physicians, on the other hand, advise polio survivors to get enough sleep, eat a well-balanced diet, avoid harmful habits like smoking and overeating, and exercise as described above. Some of the symptoms of post-polio syndrome may be alleviated by making lifestyle changes, using assistive equipment, and using anti-inflammatory drugs.