

What can Physio offer patients with MND?

Lucy Thomson, Specialist Physio,
Community Independence and Wellbeing Team, Bridgend.

Sept 2023

Lucy.Thomson@wales.nhs.uk

Introduction

- Nice Guidelines
- Musculoskeletal, Neuro and Respiratory skills
- Working as part of an MDT
- Case Study
- Talk about physio problems and solutions as we go through
- Summarise at the end.

Physio role as part of MDT:

- To assess, manage and review:
 - Muscle problems, such as weakness, stiffness and cramps
 - Physical function, including mobility and ADLs
 - Cough effectiveness
 - Respiratory function, respiratory symptoms and NIV
 - Pain and other symptoms

(NICE guidelines for the assessment and management of MND 2019)

Case study

- 59 year old woman
- History of progressive weakness in left arm
- First contact in March 2022, after diagnosis
- Died in March 2023

Initial visit - Problems on assessment:

- Weakness throughout L arm
- Stiffness and decreased range of movement L shoulder



Problems continued:

- Flexor tone in fingers of L hand



Problems continued:

- L foot drop and slight weakness through L leg



Home environment

- Stairs and steps!



How much exercise?

- How active was the individual pre-diagnosis
- How quickly their needs are changing
- How fatigue is managed – the importance of being able to do the things that need doing in daily life.

May – June 2022

- Starting to struggle with balance and mobility



- Anxiety about going outdoors due to outdoor steps



July – September 2022

- No active movement in left arm.
- Mobility decreased to <10m



October 2022

- Transfers becoming more difficult



November 2022

- Unable to transfer.



- Increased tone in R foot.



- Pain from weight of left arm



November 2022 continued

- Neck support required



Travel pillow



Ortel C2 Plus



Basic soft collar



Philadelphia

Neck supports cont'd



Headmaster



Talarmade Head Up



Beagle Head Up



Torticollis
support

January 2023

- Tone in feet and legs increased



Respiratory review throughout

- **Assessment**
 - Secretion clearance
 - Peak cough flow

Interventions

- Breathing exercises – Deep breathing, huffing
- Breath stacking
- Lung volume recruitment bag



- Manual assist cough



- Mechanical Insufflation/Exsufflation (Cough Assist)



In summary:

Muscle weakness and the effect on gait and posture

Exercises – Active / Active Assisted / Passive

Walking aids

Orthotics

OT, Orthotics, Wheelchair
Service, Assistive Technologies,
Social Care

Abnormal muscle tone (low/ high), maintenance of range of movement, prevention of contractures, pain management

Stretches

Splinting

Postural support

Neurologist / Spasticity Clinic

Respiratory

Secretion clearance – manual and mechanical

Respiratory CNS / Physio

Thank you for listening!

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