# What can Physio offer patients with MND?

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#### 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 Larm
- 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</li>





## 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

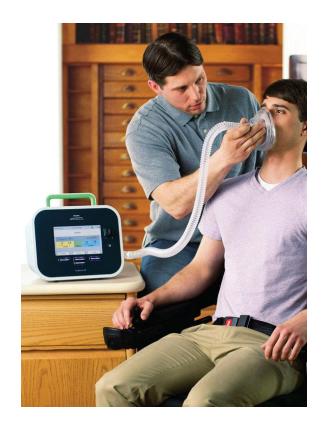
- Breathing exercises Deep breathing, huffing
- Breath stacking
- Lung volume recruitment bag



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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