Coping With Disability & Muscle Weakness in Huntington’s Disease

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Three Stages In Huntington’s Disease

- Early
- Middle
- Late
Early Stage

- Lack of coordination
- Clumsiness
- Jerkiness
Weakness Of Muscles

- Extensor Muscles of Neck
- Upper Back
- Trunk Postural Muscles
- Intrinsic Muscles of Hands & Feet
Weakness In Postural Muscles

- Forward Head
- Round Shoulder
- Protruding Stomach
Neutral Spine

Maintain Natural Curve of Spine
Physical Therapy In Early Stage

Strengthen Postural Control Muscles

- Neck Extension Exercise
- Scapular Exercise
Advanced Balance Exercise

Heel-to-Toe Walking/Tandem Gait
Advanced Balance Exercise

Single leg balance
Coping with Disability

Aerobic Exercise
Middle Stage In Huntington’s Disease

- Unable To Manage Own Finances
- Difficulty In Performing Household Chores
- No Longer Employable
- Increase Voluntary Movement
- Increase Swallowing/ Speech Problems
- Increase Frequency Of Falling
Coping with Disability

Change In Muscle Tone/ Increased Stiffness

- Progressive Relaxation
- Yoga
- Hammock
- Avoid Stress
- Proximal Stability Exercise
Impaired Balance/Spatial Awareness

Standing Balance Exercise

Touch & Turn before Sitting
Coping with Disability

Impaired Balance/
Spatial Awareness

U-Step Walker

4-Wheeled Walker
Impaired Balance/ Spatial Awareness

Helmet

Elbow Pads

Knee Pads
Coping with Disability

Impaired Balance/ Spatial Awareness

Shower Chairs/Tub Transfer Bench
Coping with Disability

Fatigue

- Unable To Recognize They Are Tired
- Build Rest Periods Into Daily Routine
- Use Wheelchair For Extended Distances Or Part Of The Day
Combining Fine Motor Skills & Gross Motor Task is Difficult

- Use Shower Mitt
- Soap On A Rope
- Electric Razor/ Chemical Hair Remover
- Built Up Handle On Toothbrush and Hairbrush
Late Stage of Huntington’s Disease

- Patient Often Non Verbal & Bedridden
- Require Help In All Activities Of Daily Living
- Motor Control Greatly Diminished
- More Rigid
- Difficulty Modulating Force Of Movement
Falling Out of Chairs

- Avoid Restraints
- Improved Seating (Chair With High Back, Increased Seat Depth, Foot Support, Armrests, and Padding)
Proper Footwear

Recommended Footwear
- Velcro Shoes

Improper Footwear
- Flip-flops
- Heels
- Sandals