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
Coping with Disability

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

Poor Posture

Correct Posture
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
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
Impaired Balance/ Spatial Awareness

Shower Chairs/Tub Transfer Bench
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
Coping with Disability

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