Rehabilitation Considerations in Amyloidosis: Practical Help and Assistive Devices

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None

Off Label Usage
None
Amyloidosis

- Condition in which production and accumulation of the protein, *amyloid*, occurs in multiple organs and tissues.

- Multi-system disease that can result in a wide spectrum of symptoms.
  - Depending on the organ or tissue affected will dictate signs and symptoms.
Signs and Symptoms

• Cardiac and respiratory issues ★
• Difficulty swallowing ★
• Dizziness or feeling faint upon standing ★
• Fatigue and weakness ★
• Gastrointestinal issues (diarrhea/constipation)
• Numbness, tingling, and pain in hands or feet ★
• Skin changes
• Swelling of ankles and legs ★
• Unsteadiness when walking ★
• Weight loss
Occupational Therapy vs. Physical Therapy

**OT**
Specialists aiming to improve and restore your ability to perform daily activities within the home, hobbies, or job through restorative training or compensatory training using adaptive equipment.

**PT**
Movement specialists aiming to maintain, improve or restore mobility and prevent disability through specialized interventions addressing strength, flexibility, balance, posture, endurance, and pain.
How can rehabilitation help?

• Safety and mobility assessment
• Adaptive equipment
• Exercise
• Pain management
• Swallow evaluation and recommendations
• Caregiver and family training

What is YOUR goal?
Safety and Mobility Assessment

- Requires an evaluation by neurologic-based physical and/or occupational therapists
  - Periodic re-evaluations are recommended
- If there are safety concerns, the following may occur:
  - Consideration of activity compensation/adaptation
  - Trial of gait aids
  - Education on falls prevention with home modifications
  - Education on what to do if you fall and how to get up
Mobility Aids – Physical Therapy

Mild Falls Risk
- Cane (single point, tripod tip)
- Trekking Pole/Walking Stick
  NO Quad canes

Moderate Falls Risk
- Walker
  • Front wheeled
  • Three wheeled
  • Four wheeled with a seat and brakes
- Transport Chair

Severe Falls Risk
- Wheelchairs
  • Manual
  • Scooter (Power Operated Vehicle)
  • Powered
Lower Body Orthotics

- Certified orthotist will make the brace for you

- Recommended for:
  - Lower body weakness – foot drop, knee buckling, “rolling my ankle”
  - Joint positioning and protection
  - Maximizing walking efficiency
  - Prevent falls

- Various styles and material
  - Off-the-shelf vs. customized
  - Plastic vs. carbon fiber
Adaptive Equipment – Occupational Therapy

• Safety Equipment
  • Shower chair/tub transfer bench
  • Grab bars
  • Toilet safety frame
  • Bed rail
  • Lift chairs

• Lighting
Adaptive Equipment – Occupational Therapy

- Daily Activity Aids
  - Button hook
  - Sock aid
  - Reacher
  - Rocker knife
  - Built-up handles
  - Rubber fingers
  - Dycem
  - Multi Purpose Opener
Equipment Acquisition Process

- Durable Medical Equipment (DME)
  - Requires a prescription from your primary care provider or physiatrist
    - Wheelchairs will need consultation with physician and wheelchair/seating specialist (OT or PT)
    - Insurance WILL NOT cover powered scooters if only use for community mobility
  - Insurance usually covers a new piece of mobility equipment every **five years**
    - Local medical institutions or rehabilitation centers will be able to direct you to local DME resources (vendors)
  - If you have bracing needs, pursue a local orthotist for brace fabrication

- Adaptive Equipment
Day-to-day Strategies

• If feeling dizzy or lightheaded upon standing:
  • Perform leg movements (i.e. bottom squeeze, ankle pumps)
  • Take transitions slowly; pauses

• Simple modifications to implement when eating or drinking:
  • Small bites and sips
  • Eat slowly
  • Chew well
  • Chin tuck before swallowing
  • Alternate solids and liquids
Connect

- Discuss with your primary care provider or medical team for an evaluation within with Physical and Occupational Therapy
- Special request for neurologic-focused rehabilitation

http://www.abpts.org/FindaSpecialist/
Resources

• **Disclaimer:** We do not have any financial interest or relationship with these groups.

• Adaptive Equipment
  • Performance Health: [https://www.performancehealth.com/](https://www.performancehealth.com/)
  • North Coast Medical and Rehabilitation Products: [https://www.ncmedical.com/](https://www.ncmedical.com/)

• Mobility Aids
  • SpinLife: [https://www.spinlife.com/](https://www.spinlife.com/)