



Rehabilitation Considerations in Amyloidosis: Practical Help and Assistive Devices

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ATTR and Hereditary Meeting - Amyloidosis Support Group
October 26, 2019

Disclosures

Relevant Financial Relationship(s)

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/>

Directory of Board Certified Specialists

Location	Physical Therapist	Clinic
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Specialty

- All
- Cardiovascular and Pulmonary
- Clinical Electrophysiologic
- Geriatric
- Neurologic**
- Oncology
- Orthopaedic
- Pediatric
- Sports
- Women's Health

Location (required)

Provide location in which services will be provided.

*If not searching by ZIP Code, both city and state are required.

ZIP Code

OR

City* State*

Find providers within a distance of:

- 1 mi
- 5 mi
- 10 mi
- 25 mi
- 50 mi
- 100 mi

Resources

- **Disclaimer:** We do not have any financial interest or relationship with these groups.
- Adaptive Equipment
 - Performance Health: <https://www.performancehealth.com/>
 - North Coast Medical and Rehabilitation Products: <https://www.ncmedical.com/>
- Mobility Aids
 - SpinLife: <https://www.spinlife.com/>