

# POST POLIO PROGRAM

**It is estimated that there are nearly 2 million polio survivors in the United States, with nearly half of these reporting post-polio symptoms. Some of the symptoms may include:**

- Increased weakness and fatigue
- Decreased endurance for usual activities
- Lifestyle changes to adapt to weakness
- Increased instability and falling
- Excessive weight gain
- Dependent edema (swelling)
- Situational anxiety and depression
- Pain in joints or muscles
- Muscle fasciculation (twitching)
- Increased shortness of breath
- Increased respiratory infections
- Difficulty in speaking
- Sleep disturbances or morning headaches
- Confusion, especially upon awakening
- Inability to concentrate
- Swallowing difficulties

## POST-POLIO SYNDROME

If you ever had polio and are now experiencing one or more of these symptoms, you may have Post-Polio Syndrome (PPS). It may be 20-40 years after the initial polio episode that symptoms begin to occur. A thorough medical evaluation is necessary to determine if this condition exists.

Treatment for PPS may be as simple as increased rest and weight loss, or as involved as radical lifestyle changes, such as work load reduction, orthopedic bracing or wheelchair ambulation.

## WHAT SETS US APART

Comprehensive Medical Evaluation- a Team Approach to Patient Care

- Occupational Therapy
- Physical Therapy
- Speech Therapy (dysphagia/dysphonia)
- Therapeutic recreation
- Vocational Rehabilitation Services
- Orthotic (brace) Evaluations
- Wheelchair Prescriptions/Modifications
- Psychology Services/Counseling
- Swallowing Evaluations
- Pulmonary Screening
- Electrodiagnostic Service (electromyography/nerve conduction studies)
- Physicians specializing in Physical Medicine and Rehabilitation, as well as Neurology.

## REFERRALS

Physician and/or self-referral are accepted. To schedule an appointment, call (704) 355-0457 or (800) 634-2256. Our referral line fax is (704) 355-7873.