



Coping With Disability & Muscle Weakness in Huntington's Disease

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Three Stages In Huntington's Disease

- Early
- Middle
- Late

Early Stage

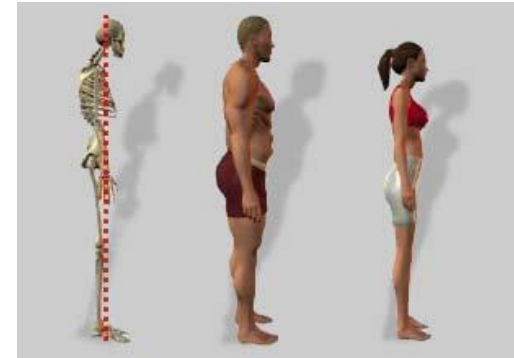
- Lack of coordination
- Clumsiness
- Jerkiness

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

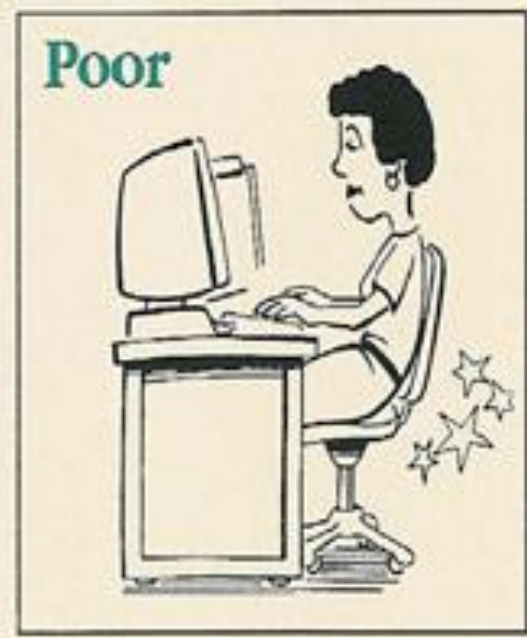
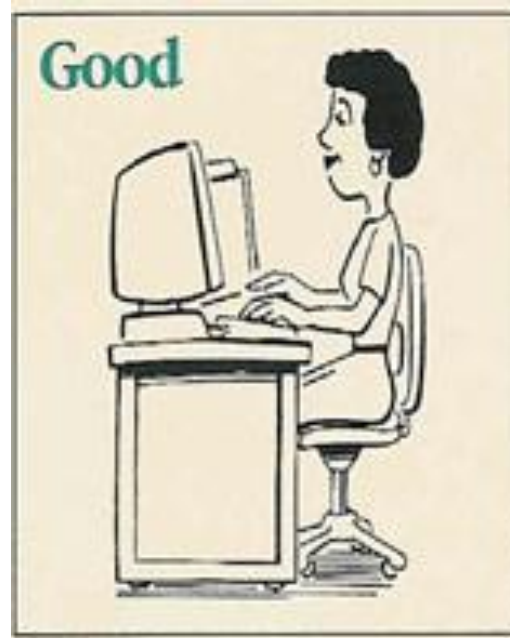


Poor Posture



Correct Posture

Neutral Spine



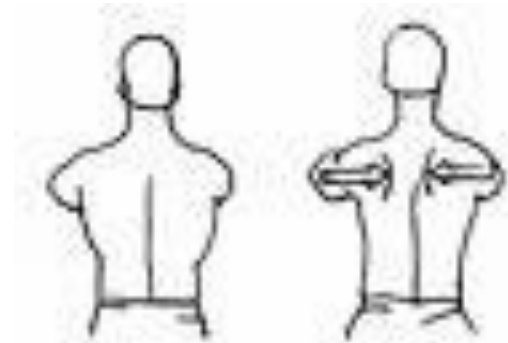
Maintain Natural Curve of Spine

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

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

Impaired Balance/ Spatial Awareness



U-Step Walker



4-Wheeled Walker

Impaired Balance/ Spatial Awareness



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

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

