Case Study

Multiple sclerosis

“Cathy”

Subjective

- 40 years old
- 1993 dx: RRMS
- Unemployed, on disability
- MBA and MHA now a volunteer at school
- Divorced
- Lives with 2 children ages: 14 & 16
- Exercises at the YMCA 3x/week: NuStep, chair yoga class
- Relies on public transit
- Shower chair, no grab bars, makeshift ramp to enter home

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Subjective

- B LE weakness, stiffness, numbness L>R
- Mild cognitive deficits, bladder incontinence
- Urinary frequency and cognitive impairment

- Uses a manual WC
- Able to walk short distances with RW
- Recent fall: attempting to walk with RW
- Bathroom is not WC accessible

- Meds: Copaxone, Detrol, Baclofen (oral)

- Pt goal: "To walk better and farther"

Lite Gait

Objective: Neuro screen

- Pain: 0/10
- AROM:
  - LEs grossly limited due to weakness and spasticity
  - UE WNL
- PROM:
  - R hip extension and DF limit function
- Tone:
  - Hip flexors 1+, knee extensors 1+, PFs 1+
- UMN
  - Sustained ankle clonus bilaterally
  - Normal EOM, convergence
  - FNF, UE RAM mildly slowed L>R
- Sensation:
  - light touch diminished distal to knees bilaterally
  - Proprioception at great toe intact

Objective: Strength

UE Strength: Grossly WFL, however L>R weakness

MMT	RLE	LLE
Hip flex	2-	2-
Hip ext	1	1
Knee flex	2-	2-
Knee ext	2-	2-
DF	1+	0
PF	2-	2-

Objective: Functional mobility

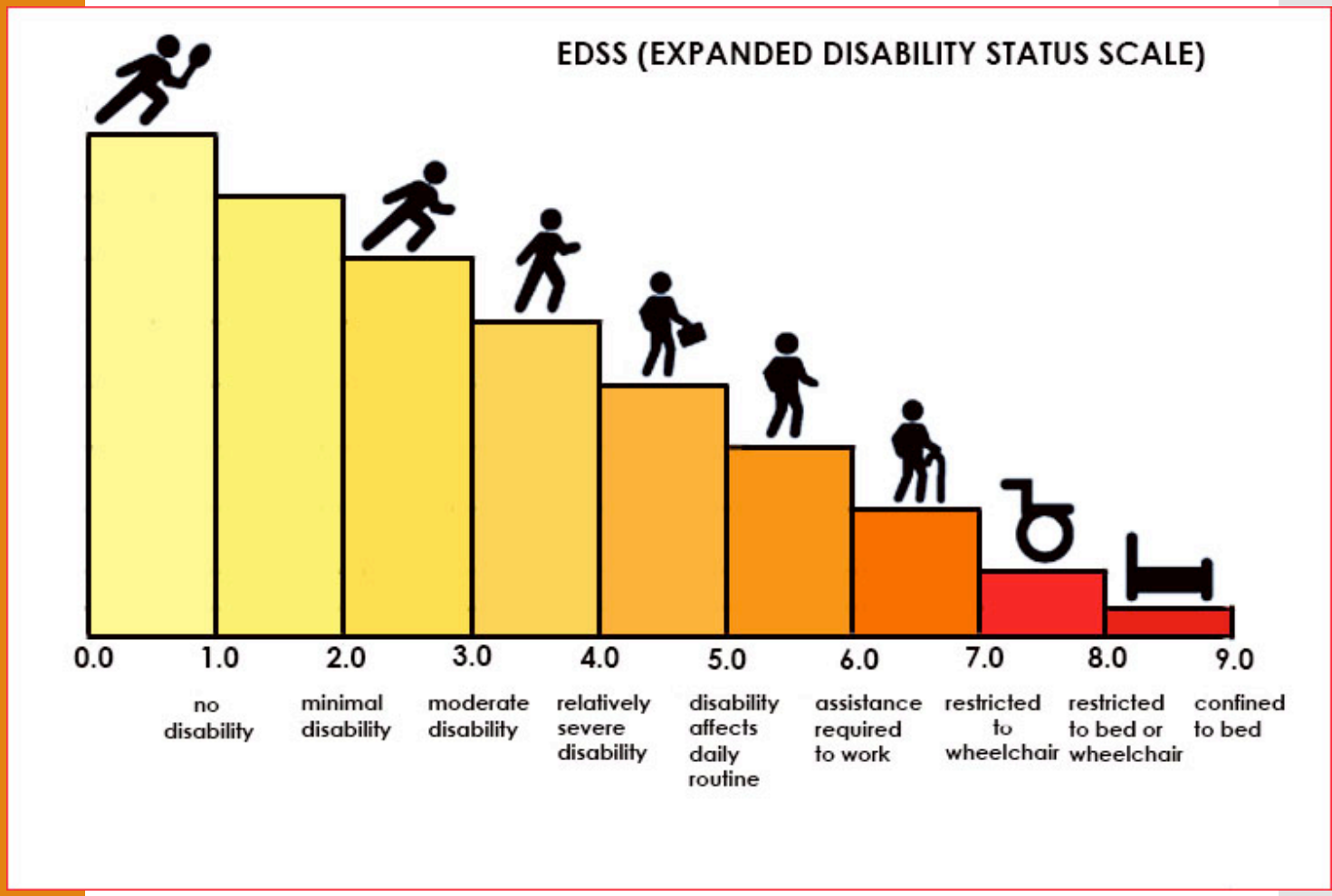
- Transfers:
  - Min A for sit to stand at parallel bars
  - Mod I for w/c to mat table
- Posture:
  - Unable to achieve full hip extension in standing
  - Anterior pelvic tilt and lordosis
- Gait:
  - Ambulated 2x10' at parallel bars with CGA to Min A for balance, Mod A for hip extension
  - Decreased cadence and stride length, difficulty with LE advancement B and decreased foot clearance

Right Knee Flexion and Extension

Quadruped

Wheelchair "sit-ups"

EDSS level?


EDSS (EXPANDED DISABILITY STATUS SCALE)
0.0
1.0
no disability
2.0
minimal disability
3.0
moderate disability
4.0
relatively severe disability
5.0
disability affects daily routine
6.0
assistance required to work
7.0
restricted to wheelchair
8.0
restricted to bed or wheelchair
9.0
confined to bed

Physical therapy goals? Outcome Measures? Intervention ideas?

Your turn! Let's group up!