

ONE DAY AT A TIME

(ADL)

ACTIVITIES OF DAILY LIVING ARE SO IMPORTANT TO ANY DISABLED OR HANDICAPPED PERSON, TAKE IT FROM A PRO. MUSCLES ARE GRADED FROM ZERO TO FIVE, SO WHEN YOUR STRENGTH DROPS A GRADE YOU HAVE LOST 50% OF THE STRENGTH IN THAT MUSCLE. **WHEN YOU GO DOWN IN STRENGTH, U R GOING DOWN IN ENDURANCE AS WELL.** KEEP IN MIND THAT **ACTIVITIES OF DAILY LIVING (ADLs)** DO NOT REQUIRE YOUR TOP MUSCLE STRENGTH BECAUSE YOU ARE NOT WORKING AT MAXIMUM EFFICIENCY ALL THE TIME. IF YOU HAVE A LOW GRADE OF MUSCLE STRENGTH, YOU SHOULD NOT BE DOING AN EXERCISE PROGRAM BECAUSE YOUR ADLs ARE EXERCISE. YOU NEED TO BE SMART ABOUT WHAT YOU DO. OVER TIME YOU WILL GET A LITTLE BIT WEAKER. IF YOU TRY TO DO EXERCISES YOU DID 15 OR 20 YEARS AGO, YOU CAN'T. I MYSELF CAN TELL YOU ABOUT DENIAL. A PERSON WITH ADEQUATE STRENGTH CAN INCREASE HIS ENDURANCE WITH SOME ACTIVITY, BUT YOU MUST FEEL COMPLETELY RECOVERED IN 20 TO 30 MINUTES AND THE MUSCLES SHOULD NOT BE ACHING LATER IN THE DAY OR THE FOLLOWING DAY. SOME PEOPLE SAY THAT EXERCISE HAS MADE THEIR MUSCLES STRONGER. **POLIO AFFECTED MUSCLES ARE NOT GETTING ANY STRONGER BUT YOU ARE STRENGTHENING THE MUSCLES THAT ARE WEAKENED FROM DISUSE.** THERE IS A FINE LINE BETWEEN NOT DOING ANYTHING AND DOING TOO MUCH. A WEAK POLIO MUSCLE THAT DOESN'T DO ANYTHING IS GOING TO GET WEAKER. **YOU HAVE TO LEARN FROM YOUR BODY & ACT ACCORDINGLY. AFTER THE AGE OF 50, PEOPLE CAN LOSE 1-2% OF THEIR STRENGTH PER YEAR; PEOPLE WITH POST-POLIO SYNDROME ARE ON THE HIGHER END OF THIS, I CAN TELL YOU THAT** NORMAL BONE LOSS AFTER THE AGE OF 30 IS ABOUT 1% A YEAR. OSTEOPOROSIS CAN DEVELOP; IT DOESN'T MATTER IF YOU HAVE HAD POLIO OR NOT. THAT IS WHY IT IS VERY IMPORTANT 4 PEOPLE TO TAKE CALCIUM THROUGHOUT LIFE.

IF YOU CONTACTED POLIO WHEN YOU WERE YOUNG, DURING THOSE GROWING YEARS, AND HAD RESIDUAL WEAKNESS THAT AFFECTED AN EXTREMITY, IT IS NOT GOING TO GROW LIKE THE OTHER EXTREMITIES. FREQUENTLY, FOR PEOPLE WHO HAD POLIO DURING THOSE GROWING YEARS, THE EXTREMITY THAT WAS MOSTLY AFFECTED WILL BE SHORTER & SMALLER THAN THE OTHER (I KNOW THE FEELING) BECAUSE MOST OF THE STRESS FROM WALKING HAS BEEN PUT ON THE OTHER SIDE.

THE NORMAL POPULATION LOSES MUSCLE STRENGTH AT THE RATE OF ABOUT 1-2% A YEAR AFTER THE AGE OF 50. WITH POLIO PATIENTS THE DECLINE IS THE SAME. PLEASE KEEP IN MIND THAT IF YOU HAVE POST-POLIO SYNDROME, AND YOU CONTINUE TO EXERCISE AN AFFECTED MUSCLE GROUP TO THE POINT WHERE IT IS ACHING ALL THE TIME AND HAVING SPASMS AND TWITCHING (*SIGNS OF OVERUSE*), YOU WILL ACCELERATE THE POLIO WEAKNESS, AND THAT IS NOT RECOVERABLE. BE SMART ABOUT WHAT YOU DO IN TERMS OF EXERCISE AND ACTIVITY. MANY PEOPLE NEED TO BREAK UP THEIR DAY, AND REST TWO OR THREE TIMES A DAY. POST-POLIO SYNDROME FREQUENTLY AFFECTS YOUR SPINAL MUSCLES AND YOUR ANTIGRAVITY MUSCLES. WHEN YOU GET TO THIS POINT WHERE YOU'VE OVERDONE IT AND ARE HAVING THESE PROBLEMS, THE TREATMENT IS REST. IF YOU HAVE BEEN GOING ALONG FINE AND ARE NOW BEGINNING TO HAVE THOSE MUSCLE SPASMS AND ACHINESS, IT MAY BE A SIGN YOU ARE GETTING WEAKER AND NO LONGER HAVE THE STRENGTH AND ENDURANCE. I MYSELF HAVE BEEN LOSING IT SINCE THE LATE 80'S. ANOTHER WAY VERY IMPORTANT TO PREVENT OVERUSE, ESPECIALLY WITH ANTIGRAVITY MUSCLES AND WALKING, IS WITH A WHEELCHAIR OR SCOOTER. THEY ARE GREAT, ESPECIALLY FOR A LONG DISTANCE. THE LONGER YOU WAIT TO USE ONE, THE MORE WEAKNESS YOU WILL DEVELOP, BELIEVE ME. I MYSELF WAS IN DENIAL 4 MORE THAN TEN YEARS—UNTIL LIFE-STYLE CHANGE.