

## ADL Difficulties

Post-polio individuals often find it increasingly difficult to perform their daily activities as the result of pain, new weakness and fatigue. New or increased problems are reported in the areas of mobility related activities (such as ambulating, climbing stairs, transferring in and out of bed), performing personal hygiene and grooming tasks, lifestyle and employment. Activities that had previously caused no problems for the individual now produce new challenges.

Many people with a history of paralytic polio have functioned at extremely high levels on relatively few good muscle groups. Their bodies have managed with this loss of muscle function over the years through compensatory movements and function. With increased weakness, pain and fatigue, the compensatory mechanisms that have been used are often disrupted, affecting the patient's ability to perform their daily activities.