

Lifestyle Modification

Because the aetiology of PPS is believed to be related to overwork of polio damaged nerves and muscles, it is often necessary to advise post-polio patients to make lifestyle changes to reduce the symptoms of pain, fatigue and weakness and prevent further decline in function. These lifestyle changes often present a challenge not only to the patient but also to the health professional recommending these changes.

Occupational therapists can assist the patient in making the necessary changes to their lifestyle by encouraging them to evaluate their lives, make the identified changes and to guide the individual to reframe their expectations for success by focusing on innovative ways of achieving new goals.