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Improvement in Activities of Daily Living Effected by Physical Therapy Intervention for a Patient Who Developed Distal Myopathy as a Complication of Disuse Syndrome

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Purpose: We aimed to return using the toilet of a patient with distal myopathy by using exercise therapy.

Methods: The patient was a 65-year-old woman who had developed depression and had therefore experienced long-term immobility. She had developed deteriorating the muscular strength and was restricted to diaper use. On alleviation of the depression, the patient wanted to use the toilet by herself. We used PNF muscle strengthening exercises to help the patient regain continence, while taking care to prevent overuse syndrome. This therapy was performed in 7 stages and we assessed the results in each stage. We also assessed the patient's muscular strength by using a handheld dynamometer and measured muscle thickness by ultra sonography.

Results: After 4 weeks, the patient's muscular strength improved. After 8 weeks, she could operate the toilet without wearing her under-pants and pants.

Conclusions: The muscular strength of a distal myopathy patient who has experienced long-term immobility can be improved by exercise, while taking care to prevent overuse syndrome.