Diffuse idiopathic skeletal hyperostosis (DISH) causes autonomic dysreflexia in SCI


PRM Departement, Asklepieion General Hospital, Voula

Keywords: DISH; Tetraplegic; Dysreflexia

Introduction.– Diffuse idiopathic skeletal hyperostosis is a cause of cervical spinal cord injury. Autonomic dysreflexia is produced to tetraplegics and above T6 level paraplegics due to noxious stimuli below the level of the injury originated by bladder and bowel dysfunction and by many other cases derived from all systems of the human body.

Observations.– In this study we present a 45-year-old man with C7 (left) C8 (right) complete spinal cord injury for 20 years. This man was referred to our department suffering from elevated blood pressure up to 26 mmHg and headache while sitting in his daily wheelchair. Symptoms were relieving while he was laying on his bed. The fluctuation of symptoms did not set the necessity for drug therapy. Tests for "usual suspects" causes were negative. In Thoracic spine X-ray DISH was diagnosed which was symptomatic only in sitting position during his breathing maneuvers to activate diaphragm. After the diagnosis was set, NSAIDs therapy combined with sitting and postural patterns education and thoracolumbar orthosis, symptoms were subsided.

Discussion.– Investigating the causes of autonomic dysreflexia should always take into account the common and the rare.

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High intensity body weight support treadmill training improves walking ability without increase of spasticity in a chronic incomplete tetraplegia: A single case study


Hospices Civils de Lyon, Service de Médecine Physique et de Réadaptation, Hôpital Henry-Gabrielle, Plateforme Mouvement et Handicap, University of Lyon 1, 69000 Lyon, France

Keywords: Body weight support treadmill training; Incomplete tetraplegia; Walk; Spasticity

In last decade, Body Weight Support Treadmill Training (BWSTT) has shown walking improvement after SCI but effect on spasticity remains unaddressed. The aim was to assess the BWSTT effects on both walking and spasticity level after incomplete tetraplegia.

Methods.– A 30 years old female with chronic incomplete tetraplegic (AIS D) was included. Intervention consisted in 20 BWSTT one-hour sessions, repeated 5 days a week, lasting 4 weeks. Kinematic walking recording, six minutes walking test (6MWT) and spasticity assessment using Ashworth modified scale was performed before and after the intervention.

Results.– After intervention, velocity increase from 0.61 ms⁻¹ to 0.8 ms⁻¹ related to cadence increase from 75 to 93 steps a minute. 6MWT reveals a distance increase from 198 to 336.6 m. Kinematic evidence improvements both during support phase without knee recurvatum and ankle flexion increase (5° to 20°) and during swing phase with knee flexion increase (10° to 30°) and ankle extension decrease (15° to 5°). No spasticity increase was reported.

Discussion.– BWSTT lead to an improvement of both performance and quality of walk without spasticity increase in a participant with chronic incomplete tetraplegia.

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Thermographic evaluation of the rehabilitation program effects on peripheral circulation in patients with spinal cord injury

S.A. Nica*, G. Mologhianu, L.S. Miron, B.I. Mitoiu

University of Medicine and Pharmacy Carol Davila/National Institute of Rehabilitation, Bucharest, Romania

*Corresponding author.

Keywords: Thermographic evaluation; Rehabilitation; Spinal cord injury

Introduction.– The increasing incidence of spinal cord injuries, especially in young active people, lead to the need for new therapeutic solutions. The aim of our study was to assess through thermographic evaluation whether there is an improvement in peripheral circulation after rehabilitation.

Methods.– We assessed a number of 40 patients admitted in the III-rd Clinic of the National Institute of Physical Medicine and Rehabilitation. We divided the patients in 2 groups: 19 patients who received only physiotherapy and 21 patients who received physiotherapy and electrotherapy. They followed a 3-week rehabilitation program, 2 times per day. The clinical and functional assessment (SF-36, ASLA score) has been performed at the beginning and after the treatment. Thermographic evaluation has been performed at day 1, 7, 21 of the treatment, before and after each session of treatment, using Thermalcam Flir and Glamorgan protocol.