> energy conservation
> adaptive equipment
> healthy diet
> enjoyment of remaining abilities

** client-centered intervention plan
> Functional and leisure activities combined with:
= work simplification
= pacing the activity for energy conservation
= passive and active ROM exercises
= muscle re-education
= proper posture and body mechanics
= joint protection
= training in the use of: assistive and adaptive devices and mobility aids

> Chronic pain management
= pharmacologic
= improve body mechanics during occupations
= splinting
= CBT (cognitive behavioral therapy)
- method that is frequently used by chronic pain management programs
- teaches clients about the dynamics of pain and coping strategies such as:
> stress management
> relaxation and visualization
> appropriate use of play and humor
> recognition of fatigue and implementation of activity pacing
> monitoring of self-talk
> family training

- Fatigue and pain - two symptoms most frequently mentioned by clients with PPS
- Scoliosis - found in nearly all survivors of polio.
> generally does not produce pain, the strain it puts on joints and muscles through abnormal biomechanics can produce degenerative disk disease
> pain in the shoulders, knees, and other joints and muscles
- Decreased vital capacity and difficulty breathing with deventilation during sleep - observed frequently in these clients.
> client complains of frequent awakening during the night or breathing problems, should refer to a pulmonologist

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- **Peripheral Nerve Injuries**
  - **Axillary Nerve Injury**

**Axillary Neve**
- composed of the C5-C6 spinal nerves
- arises from the upper trunk of the brachial plexus
- motor branch innervate:
> deltoid
> teres minor
- most commonly injured nerve in the shoulder
- most common cause of injury:
> anterior dislocation of the shoulder
> fracture of the neck of the humerus
- nerve damage, results of:
> actual dislocation or of the reduction
> compression (e.g., crutches)
> trauma (e.g., blunt or lacerating wounds)
- nerve damage result in deltoids:
> weakness or paralysis, causing limitations in:
= shoulder flexion
= abduction
= extension
= weakness in lateral rotation of the arm
> loss of muscle power
> atrophy
= asymmetry of the shoulders = cause issues with body image
- Interventions:
> reduce shoulder dislocation with a sling