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Case Description

80-year-old male with past medical history CMT, CAD status-post three-vessel coronary artery bypass grafting 10 years prior, hypertension, hypercholesterolemia, dyslipidemia.
Admitted to the ER with an MI that required emergent left heart catheterization.
During the procedure, the patient went into acute respiratory failure requiring intubation.
He spent 6 days on complete bed rest while intubated in the ICU.
Initial PT evaluation on day 7 revealed significantly decreased strength, endurance, balance and chronically impaired hand and foot function.
He received ~30 minutes/day of acute care PT for four days, as well as OT and SLP.
He was discharged to the hospital’s Inpatient Rehab facility and received two daily one-hour sessions of PT for five days, as well as daily OT and SLP.
Prior to admission, the patient was independent with functional mobility using bilateral ankle-foot orthoses and two treking poles for long-distance ambulation and was independent with all ADLs.

Measure

<table>
<thead>
<tr>
<th>Examination</th>
<th>Initial</th>
<th>Discharge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bed Mobility</td>
<td>Minimum Assistance</td>
<td>Independent</td>
</tr>
<tr>
<td>Transfers</td>
<td>Maximum Assistance</td>
<td>Modified Independent</td>
</tr>
<tr>
<td>Ambulation</td>
<td>2’ with FWW, Maximum Assistance</td>
<td>200’ on 2 with FWW or treking poles, Modified Independent</td>
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<tr>
<td>Sitting Balance</td>
<td>Fair</td>
<td>Good</td>
</tr>
<tr>
<td>Standing balance</td>
<td>POA</td>
<td>T2F</td>
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</tbody>
</table>

Interventions

Acute Care
- Gait Training
- Advanced Gait Training (Even/Uneven)
- Transfer Training
- Functional Mobility Training
- Bed Mobility Training
- Stair Training
- LE Strengthening
- therapeutic Exercise for Strengthening
- Progressive Sitting/Standing Balance

Inpatient Rehab

Conclusions

CMT and MI in combination can be especially debilitating. An aggressive rehabilitation course that promoted balance, functional mobility and progressive gait training appeared to substantially benefit an 80-year-old patient’s physical function and contribute to his potential for independent living in the community. Future studies should be conducted to further examine optimal interventions for patients with overlapping conditions such as CMT and MI.

Acknowledgements

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References

1. Nigam Y, Knight J, Jones A. Effects of physical exercise and early mobilization may help to improve function and long-term outcomes.
9. Nigam Y, Knight J, Jones A. Effects of physical exercise and early mobilization may help to improve function and long-term outcomes.