

# FOP

## Some clinical ideas and guidelines in physical therapy

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# Plan

- Introduction
- Physiotherapy
  - Set up
  - Goals and principles among ages
  - Special cases and particularities
- Occupational therapy
  - Maintenance of precise manual and upper limbs functions
  - Positioning
  - Helpful technical systems and adds, environmental control
- Speech therapy
- Psychomotricity
- Psychotherapy
- Doctors?

# Introduction

- Tutorial movie
- Rare genetic progressive disease
- Muscles, tendons, ligaments, articular capsules

# Physiotherapy - 1

- Early beginning (2 – 4 y.o.)
- Early cervical impairment
- Rhythm of the sessions depends from:
  - Localization of lesions
  - Severity of rises
  - Goals aimed
- Prescriptions of techniques and goals by medical physicians

# Physiotherapy - 2

- Share your questions and ideas , don't be shy
- Long collaborative work
- Positive empathy

# Physiotherapy – 3: Set up assessment

- Functions decreased
- Impairments perceived by therapist and patient
- Muscular function (testing, stretching, pain)
- Movements and articles impairments
- Impairing functional distortions and deformities
- Chronology of lesions
- Pain

# Physiotherapy – 4

## Goals and principles among ages

- Young children (< 4 y.o.)
  - Prevention of cervical ankylosis and anterior trunk flexion
  - Gaming inducing active movements
  - Proprioception training (balance, balneotherapy)
- Older children (2-12 y.o.)
  - Balance exercises
  - Reduction of injuries risks
  - Posturation
  - Body image, bodily awareness
  - Conscience of environmental specifics
  - Visual purview, eye tracking, ocular motricity
  - Psychomotricity

# Physiotherapy – 5

## Goals and principles among ages

- Grown up children
  - Balance exercises
  - Posturation
  - Active smooth stretching
  - Respiratory control and ventilation
  - Muscular training in unaffected areas
- Adults
  - Prevention and fight against distortion
  - Respiratory function
  - Smooth active stretching
  - Muscular training in unaffected areas
  - Massages



# Physiotherapy – 6

## Goals and principles among ages

- At all ages:
  - Smooth active stretching, guided or induced
  - Learnings of techniques of compensatory movements
  - Physiotherapy should never be painful

# Physiotherapy – 7

## Special cases and particularities

- Modifications and adaptations during inflammatory rises
- Analgesics, anti-inflammatory drugs, pharmacological research trials
- Relaxation, respiratory
- Exercises around body image and bodily awareness
- Exercises in unaffected segments and localizations
- Low dose analgesic preventive treatment
- Self education
- Parents and family integration

# Occupational therapy – 1

- 3 major functions:
  - Maintenance of precise manual and upper limbs functions
  - Positioning
  - Integration of technical systems and adds and environmental control

# Occupational therapy – 2

## Precise manual function and upper limbs function

- Technics cross with physiotherapy
- Smooth analytics active stretching
- Functional applications in movements of everyday life
- Gaming, manual plastic creation
- Computer

# Occupational therapy – 3

## Positioning

- Seats
- Mats
- Computer
- Office architecture
- Motorized electric wheelchair

# Occupational therapy – 4

## Technical systems and adds

- Domotics
- Computerized systems
- Professional adaptations (access, ...)

# Speech therapy

- Vocal command, articulation, pronunciation
- Swallowing
- Computerized vocal command system

# Psychomotricity

- Useful at several ages
- Balance, organization, body image, bodily awareness



# Psychotherapy

- Funny children
- Dark side of puberty
- Stay optimistic including pharmacological trials
- Patients and family

# Doctors?

- Généticiens
  - Diagnosis, therapeutic trials, knowledges in tissue pathologies, enzymatic, proteic, and metabolic abnormalities
- Physical Medicine and Rehabilitation practitioners
  - « Music conductor », orthotics prescriptions (corset, splint, orthosis, ...)
- Pulmonologists
  - Auxiliary ventilation systems
- Pharmacology
  - Analgesics, anti-inflammatory drugs (colchicine, corticosteroids, ...), pharmacological research trials

# Conclusion

- No pain, active smooth stretching, function
- Multi-operational team of therapists and family
- Personal experience
- Common sense

Thank you

# Biography: Docteur Michel LEMOINE

- Born in Paris, France on August 1962
- Medicine studies in Paris V René Descartes University from 1980 to 1989 (first and second cycles of medicine studies and 3 semesters as interne specialized in Medicine Faculty of Paris, Specialized Interne in Medicine Faculty of Bordeaux, University Bordeaux II (competitive examination 1988) from 1989 to 1992. Graduate as Doctor in Medicine (thesis) and certificate specialized in Physical Medicine and rehabilitation on October 1992 (Faculty of Medicine , University Bordeaux II)
- Clinic chief in Faculty of Medicine of Paris and specialized assistant in Paris University Hospital (92380 Garches) in Neurology pediatric and Physical Medicine from 1994 to 1999
- Hospital pratician in University Hospital Tours (37000 Tours) from 1999 to 2005, Physical Medicine and rehabilitation Unit
- Hopsital pratician in charge of the Rehabilitation Unit , University Hospital Necker-Enfants malades, Paris, France since 2005
- ... Funny and peculiar but serious doctor enjoying also sports (ski, mountainering, sailing, golf, triathletics, travels, ltterature, gardening and arts (music and design)