

M A N A G I N G  
**Post-Polio**

**A Guide to Living and Aging Well  
with Post-Polio Syndrome**

**SECOND EDITION**

Edited by  
**Lauro S. Halstead, M.D.**

# Managing Postpolio A Guide To Living Well With Postpolio Syndrome

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## **Managing Postpolio A Guide To Living Well With Postpolio Syndrome:**

**Managing Post-polio**, 1998 Post-polio Syndrome Julie K. Silver, 2001-01-01 The effects of polio that occur decades after the disease has run its course weakness fatigue pain intolerance to cold difficulty with breathing and swallowing are often more devastating than the original disease This book on the diagnosis and management of polio related health problems is an essential resource for polio survivors and their families and health care providers Dr Julie K Silver who has both personal and professional experience with post polio syndrome begins the book by defining and describing PPS and providing a historical overview of its diagnosis and treatment Chapters that follow discuss finding good medical care dealing with symptoms maintaining proper nutrition and weight preventing osteoporosis and falls and sustaining mobility Dr Silver reviews the latest in braces shoes assistive devices and wheelchairs and scooters She also explores issues involving managing pain surgery complementary and alternative medicine safe and comfortable living environments insurance and disability and sex and intimacy Living with Polio Daniel J. Wilson, 2008-11-15 Polio was the most dreaded childhood disease of twentieth century America Every summer during the 1940s and 1950s parents were terrorized by the thought that polio might cripple their children They warned their children not to drink from public fountains to avoid swimming pools and to stay away from movie theaters and other crowded places Whenever and wherever polio struck hospitals filled with victims of the virus Many experienced only temporary paralysis but others faced a lifetime of disability Living with Polio is the first book to focus primarily on the personal stories of the men and women who had acute polio and lived with its crippling consequences Writing from personal experience polio survivor Daniel J Wilson shapes this impassioned book with the testimonials of more than one hundred polio victims focusing on the years between 1930 and 1960 He traces the entire life experience of the survivors from the alarming diagnosis all the way to the recent development of post polio syndrome a condition in which the symptoms of the disease may return two or three decades after they originally surfaced Living with Polio follows every physical and emotional stage of the disease the loneliness of long separations from family and friends suffered by hospitalized victims the rehabilitation facilities where survivors spent a full year or more painfully trying to regain the use of their paralyzed muscles and then the return home where they were faced with readjusting to school or work with the aid of braces crutches or wheelchairs while their families faced the difficult responsibilities of caring for and supporting a child or spouse with a disability Poignant and gripping Living with Polio is a compelling history of the enduring physical and psychological experience of polio straight from the rarely heard voices of its survivors **Managing Post-Polio** Lauro S. Halstead, 2006-10 We are pleased to offer this all new professional reference guide to living well with post polio The Second Edition provides all new contact and resource information as well as updated medical content Edited by Lauro S Halstead M D Managing Post Polio provides a comprehensive overview on dealing with the medical psychological vocational and many other challenges of living with post polio syndrome Written by 20 authorities in their fields the majority of whom are polio

survivors themselves *Managing Post Polio* distills and summarizes the wealth of information presented at conferences and published in the medical literature over the past 20 years This information is supplemented with personal stories of seven individuals who provide eloquent testimony to the many ways people have prevailed in the face of ongoing disability *Managing Post Polio* was written by healthcare professionals who work with and counsel patients with post polio syndrome and who need an up to date and quick reference as well as a guide to living well for persons who have had polio their families friends and loved ones As Dr Halstead a polio survivor himself observes in the introduction this book was written and edited partly to help me deal better with my own unique disability and to help the many thousands of other polio survivors in this country and around the world deal more effectively with their unique version of polio disability *Essentials of Physical Medicine and Rehabilitation E-Book* Walter R. Frontera, Julie K. Silver, Thomas D. Rizzo, 2008-07-02 Practical and authoritative this new edition delivers easy access to the latest advances in the diagnosis and management of musculoskeletal disorders and other common conditions requiring rehabilitation Each topic is presented in a concise focused and well illustrated two color format featuring a description of the condition discussion of symptoms examination findings functional limitations and diagnostic testing The treatment section is extensive and covers initial therapies rehabilitation interventions procedures and surgery From sore shoulders in cancer patients to spinal cord injuries *Essentials of Physical Medicine and Rehabilitation 2nd Edition* provides you with the knowledge you need to face every challenge you confront Offers practical clinically relevant material for the diagnosis and treatment of musculoskeletal conditions Discusses physical agents and therapeutic exercise in the prevention diagnosis treatment and rehabilitation of disorders that produce pain impairment and disability Presents a consistent chapter organization that delivers all the content you need in a logical practical manner Presents a new co editor Thomas D Rizzo Jr MD and a pool of talented contributors who bring you fresh approaches to physical medicine and rehabilitation Offers current evidence and expert guidance to help you make more accurate diagnoses and chose the best treatment option for each patient Features an entirely new section on pain management so you can help your patients reach their full recovery potential Incorporates redrawn artwork that makes every concept and technique easier to grasp Includes updated ICD 9 codes giving you complete information for each disorder

**Neurological Rehabilitation** Darcy Ann Umphred, PT, PhD, FAPTA, Rolando T. Lazaro, PT, PhD, DPT, 2012-08-14 Using a problem solving approach based on clinical evidence *Neurological Rehabilitation 6th Edition* covers the therapeutic management of people with functional movement limitations and quality of life issues following a neurological event It reviews basic theory and covers the latest screening and diagnostic tests new treatments and interventions commonly used in today s clinical practice This edition includes the latest advances in neuroscience adding new chapters on neuroimaging and clinical tools such as virtual reality robotics and gaming Written by respected clinician and physical therapy expert Darcy Umphred this classic neurology text provides problem solving strategies that are key to individualized effective care UNIQUE

Emerging topics are covered in detail including chapters such as Movement Development Across the Lifespan Health and Wellness The Beginning of the Paradigm Documentation and Cardiopulmonary Interactions UNIQUE A section on neurological problems accompanying specific system problems includes hot topics such as poor vision pelvic floor dysfunction and pain A problem solving approach helps you apply your knowledge to examinations evaluations prognoses and intervention strategies Evidence based research sets up best practices covering topics such as the theory of neurologic rehabilitation screening and diagnostic tests treatments and interventions and the patient s psychosocial concerns Information Case studies use real world examples to promote problem solving skills Non traditional approaches to neurological interventions in the Alternative and Complementary Therapies chapter include the movement approach energy approach and physical body system approaches therapies Terminology adheres to the best practices of the APTA as well as other leading physical therapy organizations following The Guide to Physical Therapy Practice the Nagi model and the ICF World Health Model of patient empowerment Updated illustrations provide current visual references NEW chapters on imaging and robotics have been added Updated chapters incorporate the latest advances and the newest information in neuroscience and intervention strategies Student resources on an Evolve companion website include references with links to MEDLINE and more

**Polio Voices** Julie K. Silver, 2007-08-30 Incorporating many rare photographs from the family albums of survivors who tell their stories Harvard professor Julie Silver M D and historian Daniel Wilson help readers understand the sheer terror that gripped parents of young children every spring and summer during the first half of the 20th century as polio epidemics ran rampant Interviewed as part of the Polio Oral History Project directed by Silver and funded by Harvard foundations and private donors the people featured in this book describe what is arguably the most feared scourge of modern times Testimonies are included from people who worked in polio wards as well as from those involved in worldwide eradication efforts The book also addresses the emergence of the polio and disability rights movement the challenges of post polio syndrome and the state of polio research and developments today And it explores the concern that polio could return in an even more vicious form as a result of bioterrorism *Polio and Its Aftermath* Marc Shell, 2009-06-30

It was not long ago that scientists proclaimed victory over polio the dread disease of the 1950s More recently polio resurfaced not conquered at all spreading across the countries of Africa As we once again face the specter of this disease along with other killers like AIDS and SARS this powerful book reminds us of the personal cost the cultural implications and the historical significance of one of modern humanity s deadliest biological enemies In *Polio and Its Aftermath* Marc Shell himself a victim of polio offers an inspired analysis of the disease Part memoir part cultural criticism and history part meditation on the meaning of disease Shell s work combines the understanding of a medical researcher with the sensitivity of a literary critic He deftly draws a detailed yet broad picture of the lived experience of a crippling disease as it makes its way into every facet of human existence *Polio and Its Aftermath* conveys the widespread panic that struck as the disease swept

the world in the mid fifties It captures an atmosphere in which polio vied with the Cold War as the greatest cause of unrest in North America and in which a strange and often debilitating uncertainty was one of the disease s salient but least treatable symptoms Polio particularly afflicted the young and Shell explores what this meant to families and communities And he reveals why in spite of the worldwide relief that greeted Jonas Salk s vaccine as a miracle of modern science we have much more to fear from polio now than we know

### **What Psychotherapists Should Know About Disability Rhoda**

Olkin,2012-04-06 This comprehensive volume provides the knowledge and skills that mental health professionals need for more effective informed work with clients with disabilities Combining her extensive knowledge as a clinician researcher and teacher with her personal experience as someone with a disability Olkin provides an insider s perspective on critical issues that are often overlooked in training A lucid conceptual framework is presented for understanding disability as a minority experience one that is structured by social legal and attitudinal constraints as well as physical challenges Illuminating frequently encountered psychosocial themes and concerns chapters describe a range of approaches to dealing with disability issues in the treatment of adults children and families Topics addressed include etiquette with clients with disabilities special concerns in assessment evaluation and diagnosis the impact of disability on sexuality and romance as well as pregnancy birthing and parenting the use of assistive technology and devices disability and substance abuse and more Filled with clinical examples and observations the volume also discusses strategies for enhancing teaching training and research

**Encyclopedia of Disability** Gary L Albrecht,2005-10-07 To read some sample entries or to view the Readers Guide click on Additional Materials in the left column under About This Book The wide range of coverage distinguishes this particular set which was designed to bring current knowledge and experience with disability across a wide variety of places conditions and cultures to both the general reader and the specialist Editor Albrecht University of Illinois at Chicago and over 500 authors from around the world contributed the more than 800 entries drawing in readers from a wide range of studies and interests and helping them to see disability in an entirely new way Highly recommended for academic and large public libraries BOOKLIST star review Obesity Heart disease Vision problems Asthma AIDS Depression Those maimed by land mines machetes bullets bombs and beatings These are just a few examples of how disability is becoming an increasingly common experience in our daily lives Regardless of who we are or where we live disability is with us SAGE Reference is proud to announce the five volume Encyclopedia of Disability This Encyclopedia represents the first attempt to bring an authoritative reference resource to the many faces of disability It provides a fascinating entry into the world of disability where minds are expanded prejudices shattered and spirits raised The Encyclopedia answers the question What is disability and why is it important in my life An international editorial board of seventy four editors from the Americas Europe Australia India Japan and China all experts in their own sub fields of disability developed these volumes The result is a multidisciplinary cross cultural and historically grounded resource tool that guides the reader across fields theories debates and practices Key

Features Embraces five volumes that improve the reader's understanding and appreciation of the world of disability Volumes 1-4 cover disability A including a Reader's Guide comprehensive bibliography and index and Volume 5 contains a wealth of primary source documents in the field of disability Includes contributions from more than 500 world renowned scholars who have written over 1,000 entries in a clear accessible style with the desire to bring all students researchers and interested readers closer to the daily experience of disability Provides print and Web site references to government documents and data that are rich resources to investigate how disability is measured and treated on an international level Includes a chronology to place the concept of disability in a historical context The Encyclopedia of Disability is a must have reference for all academic libraries large public libraries and any social science medical legal or governmental reference collections Non governmental organizations charitable foundations and law firms will also want to add this set to their collection Senior Editors Jerome Bickenbach Queen's University Scott Brown Dudley Childress Northwestern University Medical School Joseph Flaherty University of Illinois at Chicago Allen Heinemann Northwestern University Tamar Heller University of Illinois at Chicago Christopher Keys University of Illinois at Chicago David Mitchell University of Illinois at Chicago Trevor Parmenter University of Sydney Australia Mairian Scott Hill Marsh Hills Cottage Tom Shakespeare University of Newcastle Sharon Snyder University of Illinois at Chicago

**Polio** Daniel J. Wilson, 2009-09-23 A compelling account of the most feared childhood disease of the 20th century and its impact on victims and medical science This new title in the Biographies of Disease series offers a thorough examination of medical and scientific efforts to battle polio from the 19th century identification of the virus to the great 20th century epidemics from the unprecedented campaign to find a vaccine to recent efforts to confront polio in West Africa and South Asia and eliminate it entirely Beyond the science Polio looks at the effects of the disease on individuals and the United States as a whole The book gives readers a sense of what it was like to have polio and to recover from it It also describes how the search for answers to polio led to the rise of one of America's premier medical charities the March of Dimes and how modern physical therapy practices emerged alongside the polio epidemics of the 20th century

*Aging with a Disability* Bryan J. Kemp, Laura Mosqueda, 2004-06-15 With advances in medical care technology and rehabilitation people with disabilities are now living longer Many in fact have near average life expectancies Research has shown however that the changes and problems associated with aging often occur 10-20 years earlier in the lives of people with disabilities than in the lives of people without disabilities These changes pose significant challenges for health care professionals Because research in this field is relatively recent few practitioners and students are aware of these findings *Aging with a Disability* provides clinicians with a complete guide to the care and treatment of persons aging with a disability Divided into five parts this book first addresses the perspective of the person with a disability and his or her family Chapters in the second section address the physiological and functional changes people will face as they grow older and how these changes may affect quality of life and caregiver requirements In the third part contributors discuss treatment

considerations such as maintaining employment and managing pain and fatigue The book s fourth section focuses on specific conditions spinal cord injury polio cerebral palsy and developmental disabilities such as mental retardation In the concluding section the authors present research needs and discuss policy issues for future consideration Paying special attention to the feelings attitudes and needs of people with disabilities three chapters are written by authors who have a disability Aging with a Disability gives students and clinicians a reliable and compassionate handbook for the treatment of this growing population

Polio Alan Hecht,2009 Discusses the history of the poliovirus its effects on the body vaccines and the researchers who discovered them and the threat that this virus still poses Telethons Paul K. Longmore,2016 Marshaling two decades worth of painstaking research Paul Longmore s book provides the first cultural history of the telethon charting its rise and profiling the key figures philanthropists politicians celebrities corporate sponsors and recipients involved *The Polio Years in Texas* Heather Green Wooten,2009-10-25 From the 1930s to the 1950s in response to the rising epidemic of paralytic poliomyelitis polio Texas researchers led a wave of discoveries in virology rehabilitative therapies and the modern intensive care unit that transformed the field nationally The disease threatened the lives of children and adults in the United States especially in the South arousing the same kind of fear more recently associated with AIDS and other dread diseases Houston and Harris County Texas had the second highest rate of infection in the nation and the rest of the Texas Gulf Coast was particularly hard hit by this debilitating illness At the time little was known but eventually the medical responses to polio changed the medical landscape forever Polio also had a sweeping cultural and societal effect It engendered fearful responses from parents trying to keep children safe from its ravages and an all out public information blitz aimed at helping a frightened population protect itself The disease exacted a very real toll on the families friends healthcare resources and social fabric of those who contracted the disease and endured its acute convalescent and rehabilitation phases In *The Polio Years in Texas* Heather Green Wooten draws on extensive archival research as well as interviews conducted over a five year period with Texas polio survivors and their families This is a detailed and intensely human account of not only the epidemics that swept Texas during the polio years but also of the continuing aftermath of the disease for those who are still living with its effects Public health and medical professionals historians and interested general readers will derive deep and lasting benefits from reading *The Polio Years in Texas* Not a Poster Child Francine Falk-Allen,2025-07-30 2019 Living Now Book Awards Gold Medal Winner in Inspirational Memoir Female 2018 Sarton Women s Book Awards finalist in Memoir Kirkus Reviews Best Books of 2018 2018 Sarton Women s Book Awards Silver Medal in Memoir Francine Falk Allen was only three years old when she contracted polio and temporarily lost the ability to stand and walk Here she tells the story of how a toddler learned grown up lessons too soon a schoolgirl tried her best to be a normie on into young adulthood and a woman finally found her balance physically and spiritually In lucid dryly humorous prose she also explores how her disability has affected her choices in living a fulfilling and amusing life in every area relationships career religion or not athleticism artistic



expression and aging to name a few A clear eyed examination of living with a handicap Not a Poster Child is one woman s story of finding her way to a balanced life one with a little cheekiness and a lot of joy *Atlas of Orthoses and Assistive Devices - E-BOOK* Douglas P. Murphy, Joseph B. Webster, William Lovegreen, 2025-06-02 Offering a valuable balance of information for everyone on the rehabilitation team Atlas of Orthoses and Assistive Devices Sixth Edition brings you up to date with rapid changes in every area of this fast moving field Significant new content a new editor with specialization in prosthetics and orthotics and new contributing authors deliver expert guidance on the decision making process needed for the prescription and application of technologically complex devices From traditional fabrication and fitting principles to advanced information in the material sciences digital printing technology neural stimulation systems microprocessor technologies and robotics this new edition remains practical readable and evidence based an ideal resource to assist medical and rehabilitation professionals achieve optimal outcomes for patients with a wide variety of conditions Includes coverage of key advances in robotic systems 3D printing technology and virtual reality devices as well as wearable inertial sensors in people with mobility impairments plus a new chapter on digital technology in orthotics and prosthetics Covers cutting edge topics ranging from gait assessment strategies to novel therapies such as use of a virtual environment during rehabilitation Features a vibrant full color design with numerous figures tables and color photographs throughout Shares the knowledge and experience of new editor William Lovegreen who brings specialized expertise in prosthetics and orthotics as well as new contributing authors who provide fresh perspectives and greater international representation Discusses brain computer interface BCI systems relating to assistive technology AT systems and orthotics Includes economic evaluations for orthotic and prosthetic devices Any additional digital ancillary content may publish up to 6 weeks following the publication date One new editor New chapters on technological advances interfacing AI and robotic systems [Painting Light in Polio's Shadow: One Artist's Struggles](#) Sharon White Richardson, 2021-11-23 Landscape painter Sharon Richardson survived polio a viral illness that damages or destroys the nerves essential for moving muscles With no vaccines available epidemics occurred unchecked Also known as infantile paralysis polio left youngsters crippled and dependent on leg braces crutches wheelchairs and in some cases iron lungs to breathe for them Richardson was diagnosed with polio at the age of eight weeks in 1946 In a borrowed car her parents drove their seriously ill infant writhing with painful muscle spasms a hundred miles to Mercy Hospital in Vicksburg Mississippi Enduring and responding to intense physical therapy treatments she overcame the paralysis in her limbs and was released after two months By the 1980s and 1990s Richardson had established an enviable career with work in galleries and collections across the Southeast Fifty six years after recovering from paralysis she succumbed to the muscle weakening effects of post polio syndrome PPS in 2002 Approximately 25 to 40 percent of polio survivors are affected by PPS and there is no treatment She lost muscle strength and control in her legs torso and arms This loss limited walking increased scoliosis and in her right arm severely challenged Richardson s ability to paint Painting Light

in *Polio's Shadow: One Artist's Struggles* reveals how she coped with PPS setbacks and challenges and how these impediments forced her to make radical changes in her private and professional life. She was determined to do everything necessary to continue painting, which included learning to paint with her nondominant left hand. [Walking Isn't Everything](#)

Jean Denecke, 2008. *Walking Isn't Everything* was written by Jean Denecke about her experience of living with polio. This book discusses what it was like to get polio, her experiences with various hospitals and doctors, and her experience in the Roosevelt Foundation facility in Warm Springs, Georgia. Giving a glimpse of how the delivery of medical services has changed since the polio epidemics of the early 1950s, the book describes what it was like to be a woman with a disability in that era. Even though she was hospitalized for a long time after going to Warm Springs, she was able to return to her home where she continued in her role as a wife and mother and later started her own business. *Walking Isn't Everything* is more than just a biography of one remarkable woman; it is a story of courage, determination, and love.

**Gendering Disability** Bonnie G. Smith, Beth Hutchison, 2004. Disability and gender are becoming increasingly complex in light of recent politics and scholarship. This volume provides findings not only about the discrimination practised against women and people with disabilities but also about the productive parallelism between the two categories.

## Unveiling the Magic of Words: A Report on "**Managing Postpolio A Guide To Living Well With Postpolio Syndrome**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Managing Postpolio A Guide To Living Well With Postpolio Syndrome**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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