

INPATIENT THERAPEUTIC EVALUATION & INTERVENTION OUTCOMES FOR LETM: A SINGLE RETROSPECTIVE OBSERVATIONAL STUDY

INTRODUCTION

1. Longitudinal extensive Transverse myelitis (LETM) is a neurological pathology involving inflammation or lesions on the spinal cord.
2. The onset of symptoms is rapid and progressive, consisting of back pain, signs of spinal shock, areflexia, flaccidity, abnormal somatosensory evoked potentials, abnormal imaging, and a high deficit score at onset. Standard treatment is intravenous steroid.
3. The prognosis ranges from patient to patient, with approximately one third demonstrating complete recovery, one third demonstrate mild residual deficits, and the remaining third remain severely disabled.
4. Rehabilitation has been suggested for the management of LETM. However, there is limited clinical research on physical therapy (PT) for patients diagnosed with LETM.

DISCUSSION & CONCLUSION

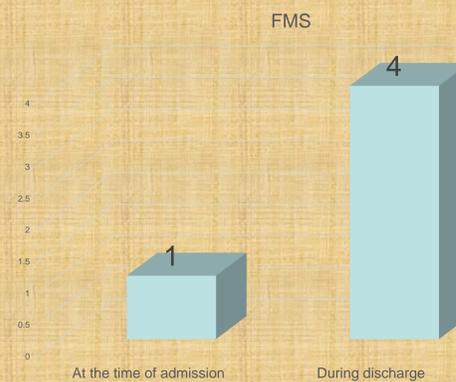
S.no	Author name & Year	Methodology	Outcome	Results	Clinical Message
1	Allison Buchanan et.al 2018	2 months duration/ Weekly 3	LEFS	13/80 (p< 0.5)	Specific protocols help to restore gait, balance, coordination, functional ability and posture.
2	Karthikeyan T et al 2019	1 months duration/ Weekly 6 days	MAS/FMS	4 (p< 0.5)	Specific protocols improve gait, balance, coordination, functional ability and posture.

1. summary, this case report demonstrated that PT might be beneficial for people with LETM. Experimental research with more LETM patients is required in the future to determine whether a measurable benefit of PT exists for this population.

OBJECTIVES & CASE DESCRIPTION

OBJECTIVES

1. To find out the therapeutic evaluation and management of LETM.
2. To find out administration pre to Post outcome score of FMS.
3. The patient was a 25-year-old male with a previous medical history of bilateral weakness stress incontinence, decreased sensation since last 5 months and No history of trauma, comorbidities.
4. At the time of admission the patient who was wheel chair bounded.
5. The therapist who administered specific therapeutic protocols followed by FMS score before and after therapeutic approach.



RESULTS

1. This case report presented an evidence-based PT examinations and management on a 25-year-old male patient with LETM.
2. Both objective evaluations and subjective feedback indicated that the PT plan of care was helpful to improve patient's clinical symptoms.
3. Clinical research on LETM is very limited, literature suggested that the rehabilitation strategy for acute LETM need to be activity-based and impairment emphasized.
4. The PT treatment needs to incorporate functional tasks and movements into exercise programs, including passive and active ROM exercises, strengthening exercises, joint mobilizations as necessary, and neuromuscular re-education

METHODOLOGY

1. Therapeutic protocol which administered weekly six 6 days for 24 sessions carried out for 1 month duration .
2. Pre and post outcome score (p< 0.5) evaluated through FMS.
3. Therapeutic treatment protocols consist of AROM, PRE, Strengthening, Closed and open kinetic strength training Gait corrected ,Coordination and balance exercise which was carried out.
4. Prior treatment warm up 15 minutes followed by 45 minutes exercise session.
5. The patient was able to tolerate tailored therapeutic exercise as prescribed protocols followed by home exercise program.

