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Physiotherapy as a Treatment of Progressive Spinal Amyotrophy type I: a case report

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ABSTRACT

Introduction: The Progressive Spinal Amyotrophy is an autosomal recessive hereditary disease characterized by the spinal cord motoneurons degeneration, as the type I the most severe. **PURPOSE:** To describe a physical therapy treatment in a child with type I Progressive Spinal Amyotrophy. **Methodology:** Descriptive study of a case report of a patient with Progressive Spinal Amyotrophy in physical treatment at the Hospital Santo Antônio Maria Zaccaria in Bragança, Pará. The data was collected from the medical records and the by caregiver. **Results and Discussion:** M.C.O.P, 6 years old girl, presents Progressive Spinal Amyotrophy type I, excellent cognition, wheelchair user, presents quadriparesis with little trunk control, degree of muscle strength between 1 and 2 at the Oxford scale, ligament laxity, contractures, thoracolumbar kyphoscoliosis, reduction of range of motion in lower limbs, ineffective cough and Forced Vital Spirometry of 800ml (54%). The child receives multiprofessional treatment with an Orthopedist; Pneumologist; Cardiologist; Child Neurologist and Physical Therapist since she was 2 years old. Her actual physical therapy treatment protocol consists of: active-assisted kinesiotherapy for the limbs, cervical spine and abdomen (2 sets of 10 repetitions), trunk stabilization exercises (2 sets of 1 minute), and pulmonary re-expansion with Infant Voldyne (3 sets of 5 repetitions), 3 times a week. Studies demonstrate the importance of a multidisciplinary treatment in children with muscular atrophy, highlighting the physical therapy in the disease delay, quality of life and survival. As is observed in the present study, the multidisciplinary treatment has increased the lifetime of the child, because children with this disease normally have as 2 or 3 years, instead of the patient, that are 6 years old. **Conclusion:** The physical therapy treatment goal in patients with Progressive Spinal Amyotrophy is to avoid early complications through prophylactic management of disfunctions, therefore increasing lifetime and quality of life in the patients.

Keywords: Spinal Muscular Atrophy; Multidisciplinary Treatment; Physiotherapy.

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