

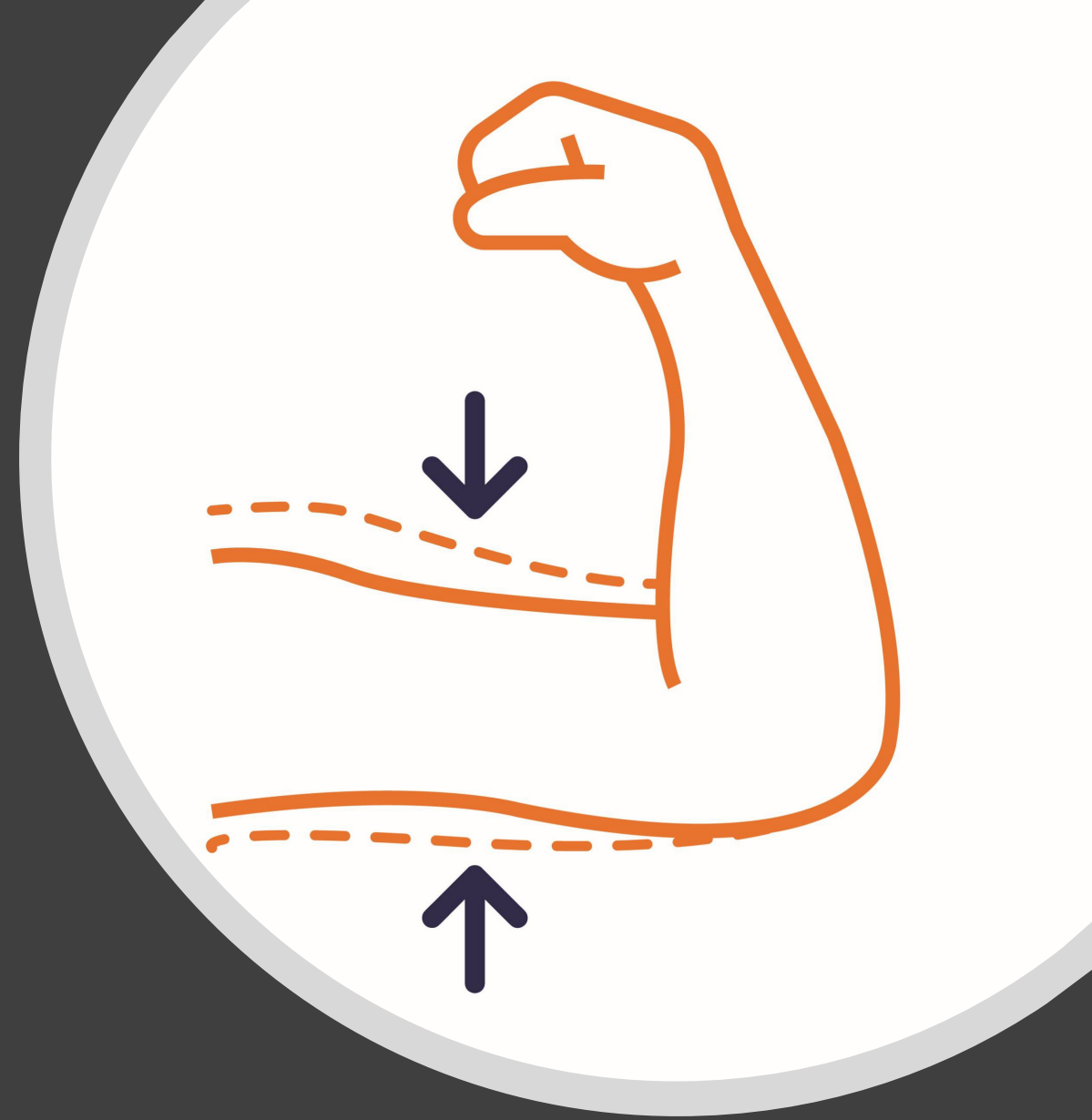
Limb Features

Muscle wasting

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Muscle wasting

- Weakened grip
- Weakness at the shoulder
- Foot drop
- Immobility



Muscle cramps and stiffness

- Exercise
 - maintain mobility
 - maximum range of movement
 - maintain comfort
 - strengthen muscle groups not yet affected by MND
 - maintain circulation
- Range of Movement (ROM) exercises
 - Active
 - Passive
 - Individually tailored
- Medication



Pain relief

Pain is indirect

- Stiffness
- Cramps
- Reduced mobility
- Skin sensitivity
- Poor posture
- Neuropathic pain



Further information

- [Head supports for MND](#)
- [Living with MND Guide](#)

