



Overuse Of The “Good” Leg And Sleep Issues

A Bruno Byte

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Question: For the last 17 years my left leg and hip area have become much weaker. In 2000, I was fitted with a hip to toe brace. From the overuse of my right leg, I now have pain in my right knee and right thigh. To make matters worse, my sleep patterns are horrible. It seems like I never get more than 3 solid hours of sleep and I must be taking 10-12 mini-naps per day. Is this normal? Thanks to you writing the rulings and protocol at postpolioinfo.com, I received Social Security Disability. I couldn't work with these symptoms!

Answer: You sound normal for a polio survivor. So glad our SSDI efforts in D.C. “paid off” for you!

You are overusing your “good” right leg, just as you yourself have diagnosed! I hope you're using 2 Loftstrand (forearm) crutches with the long leg brace! If not, speak to your physical therapist about crutches or a rolling walker. You may need right leg bracing or better yet a power wheelchair. See your rehabilitation physician (physiatrist) and get a new evaluation.

Your 10-12 mini-naps per day are not normal nor a good way to live. What if you're driving and a “mini-nap” comes on? You need to talk to your physician about a sleep study ASAP.

For more information about these issues:

- Check out both the [Articles](#) and [Bruno Byte Sections](#) of the Encyclopedia
- You can also find THE POLIO PARADOX online at both AMAZON and Barnes & Noble.

The Encyclopedia of Polio and Post-Polio Sequelae

contains all of [Dr. Richard Bruno's](#) articles, monographs, commentaries and “Bruno Bytes”
<https://www.papolionetwork.org/encyclopedia.html>

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