



“Post-polio Syndrome: More Than Just a Lower Motor Neuron Disease”

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This [article](#) from Frontiers in Neurology describes that the poliovirus invaded and damaged the brain as well as the spinal cord...and sometimes invaded only the brain.

The Introduction Summary -

“Post-polio syndrome (PPS) is a neurological condition that affects polio survivors decades after their initial infection. Despite its high prevalence, the etiology of PPS remains elusive, mechanisms of progression are poorly understood, and the condition is notoriously under-researched. While motor dysfunction is a hallmark feature of the condition, generalized fatigue, sleep disturbance, decreased endurance, neuropsychological deficits, sensory symptoms, and chronic pain are also often reported and have considerable quality of life implications in PPS. The non-motor aspects of PPS are particularly challenging to evaluate, quantify, and treat. Generalized fatigue is one of the most distressing symptoms of PPS and is likely to be multifactorial due to weight-gain, respiratory compromise, poor sleep, and polypharmacy. No validated diagnostic, monitoring, or prognostic markers have been developed in PPS to date and the mainstay of therapy centers on symptomatic relief and individualized rehabilitation strategies such as energy conservation and muscle strengthening exercise regimens. Despite a number of large clinical trials in PPS, no effective disease-modifying pharmacological treatments are currently available.”

The complete Article is available in PDF Format:

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