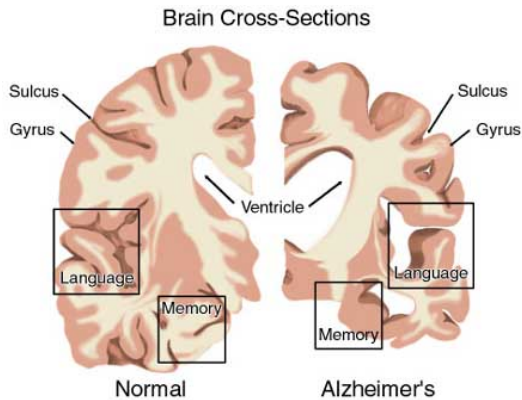


ALZHEIMER'S DISEASE

Definition: Presenile dementia characterized by confusion, memory failure, disorientation, restlessness, agnosia, and inability to perform purposeful activity.^{3,5}

Pathophysiology: The exact cause of Alzheimer's disease is unknown. Research suggests that selective lesions of neurotransmitter pathways. There is formation of neuritic plaque in the hippocampal and parietal lobe of the brain. Atrophy of the brain is also seen most evident in the superior and middle temporal gyri.^{3,5,7}



NORMAL AND ALZHEIMER'S



STRENGTHENING EXERCISE (TRUNK)

Affected People/Population: The commonest form of dementia and has an increased incidence with age. There is equal occurrence in men and women. Familial cases can also be seen.^{3,7}

Medications: No effective treatment exists. A recent randomized study of anticholinesterase THA claimed limited success. Randomized trials are in progress.^{2,6,7}

Surgery: Surgery is not usually indicated in Alzheimer's disease.^{3,7}

Physical Therapy: Physical therapy intervention aims to: 1) Maintain the independence in activities of daily living of the patient 2) maintain the mobility and strength of the upper and lower extremity 3) Educating the caregiver and relatives regarding the disease condition. The aims can be achieved by: Strengthening exercises, stretching, proper body mechanics and range of motion exercises.^{1,3,6,7}

References:

1. Physical Rehabilitation Assessment and Treatment by O'Sullivan 4th Ed.
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4. Orthopedic Physical Assessment by Magee, 3rd Ed.
5. Merriam-Webster's Medical Dictionary
6. Therapeutic Exercises by Kissner and Colby 4th Ed.
7. Robbins' Pathologic Basis of Disease by Cotran, Kumar and Robbins' 4th Ed.

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