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Physiotherapy in CDG patients

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Symptoms CDG patients (1)

- **Typical appearance**
 - Microcephaly
 - Fat collections bottom and hips
 - Pasty Skin
 - Inverted nipples
 - Strabismus
 - Long fingers
- **Mental disability**



Symptoms CDG patients (2)

- **Medical problems**
 - Epileptic insults (seizures)
 - Feeding problems
 - Growing problems
 - Enlarged liver / anomalies
 - Heart diseases
 - Blood: low sugar levels, clotting problems, trombosis
 - Decreased kidney function
 - Stroke- like risk

Symptoms CDG patients (3)

- **Social**
 - Speech problems (their understanding is fine)
 - Strong will
 - Good memory
 - Very enthusiastic and cheerful



Symptoms CDG patients (4)

- **Delayed motricity**
 - Hypotonia
 - Coordination problems
 - Balance problems
 - Spasticity (like)

 Physiotherapy

Early onset : very important

- Neuro development brain : still in progress
- Experiences normal movements
- Parent instructions: daily handling
- Prevention orthopedic problems

Parent instructions

- Daily Handling: carrying, sitting, stimulating, ...
- Recognize bad postures and movements with risk for orthopedic problems

 **To anticipate in daily life : positioning**

Different kind of Physiotherapy:

- **Bobath** : Neuro Development Treatment
- **Voyta** : Reflex therapy
- **Petö** : Conductive therapy
- **Sherborne** : Development Movement therapy
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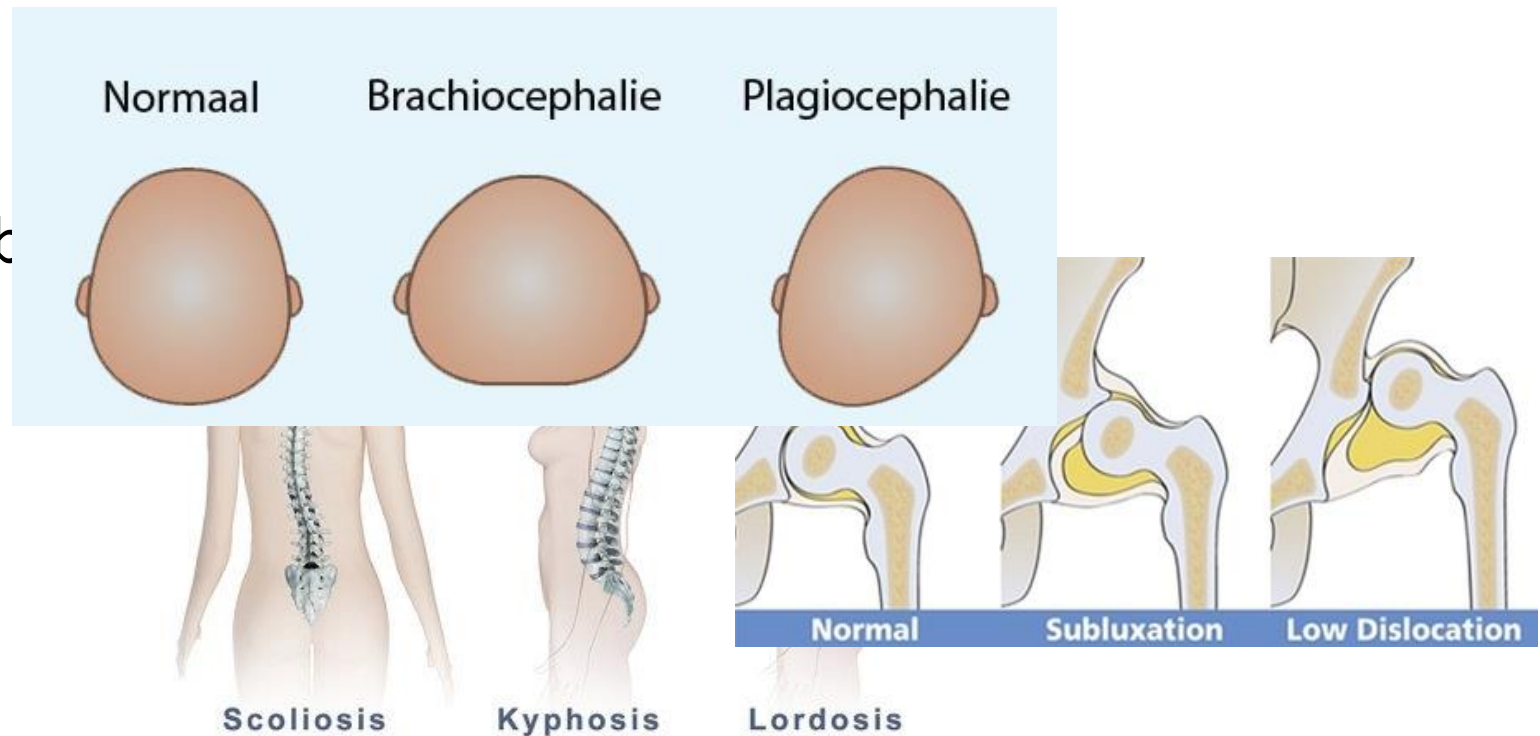


Search for best individual adapted therapy

Orthopedic problems

- Plagiocephalie : - aesthetic problems
- asymmetric development
- Spine deformatons : - Scoliosis

- Hip prok



Orthopedic problems

- Foot problems :
 - Valgus planus position
 - Varus position



Prevention orthopedic problems

- **Physiotherapy :** - mobilisations
- learn normal movement patterns
- **Parent instruction :** recognize bad positions
- **Devices**

Risky patterns (1)

- **Frogposition:** specially with young children



Show

hips

pelvis



Prevention :

(side, prone,...)



Good Posture



Anterior Pelvic Tilt



Posterior Pelvic Tilt

Risky patterns (2)

- Overcrossing midline positioning and internal rotation leg

 (Sub) Luxation Hip

Pre



Risky patterns (3)

- Preferential positioning oriented to one side



Plagiocephaly, scoliosis ,
kyfosis, hip luxation

prevention : - sitting device
- corset
- frequently changing



Risky patterns (4)

- **Valgus position foot**
 - shortening tendon m. gastrocnemius (tendon achilles)
 - lateral ir
 - Valgus p
 - Eversion
 - Severe p



Bal



Prevention : insoles, solid shoes, orthopedic shoes

Devices (1)

- **Standing frames:**

- Formation hip
- Bone strength
- Another view in life
- Tonus building



- **Adapted sitting devices:**

- Scoliosis
- Straight - sitting upright
- Fine motricity upper limbs



Devices (2)

- **Sleeping mattress**
 - Scoliosis
 - Hip

- **Corset**
 - Scoliosis
 - Kyfosis
 - Hyperlordosis



Devices (3)

- **Mobility**

- Wheelchair
- Walking aids
- Adapted Stroller
- Bike : tricycle, ...
- Solid shoes with insoles, semi-orthopedic or orthopedic shoes



Dont forget :

**Find a solution between what's desirable and
what's achievable !**

