

Pain Symptoms in Polio Survivors

- I. Polio survivors, like all people, experience pain throughout the course of their lives.

What distinguishes polio survivors, however, is that due to the residual effects of polio, they will be more likely to experience pain that is due to chronic effects of polio, as well as, in some cases experience pain from common problems experienced in the general population, but potentiated by the effects of chronic polio.

II. Post Polio Pain.

Post polio pain may manifest as pain in muscles, joints and tendons.

a. Myalgias – (muscle pain)

This commonly manifests as cramping, aching pain in muscles and often accompanied by fasciculations and fatigue.

b. Arthralgias – (joint pain)

Pain in joints due to chronic and acute over stresses in joints and their ligaments, as well as, in many cases, degenerative changes in joints which have been potentiated by many years of abnormal over stressors.

c. Tendonitis – (tendon pain)

Pain that occurs near joints that is often due to chronic overuse of muscles. Pain in shoulders, elbows and hips are common problems.

III. Non Polio Pain

Non polio pain may occur acutely or chronically potentially due to a wide

range of etiologies, some serious and others easily treatable, and must be accurately diagnosed to distinguish from post polio pain etiologies.

Additionally, post polio pain symptoms and non polio pain symptoms, not uncommonly coexist.

- a. compressive neuropathies
 - . carpal tunnel syndrome
 - . ulnar neuropathy
- b. radiculopathies
- c. degenerative joint disease
- d. fibromyalgia

IV Summary

The foregoing list of causes of both post polio pain and non polio pain touch on a relatively few etiologies of pathologies that can manifest as pain symptoms in either post polio survivors or people with no history of polio.

- this underscores the importance of getting an accurate medical diagnosis.
- as earlier stated, pain symptoms may be due to relatively benign disorders or symptoms of more serious disease.
- in either case, an early diagnosis will lead to an earlier diagnosis and appropriate intervention and treatment.

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