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Overuse Syndromes in Military and Civilian Populations

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13. ABSTRACT <i>(Maximum 200 words)</i>  The objective of this project was to examine the relationship between muscle weakness and overuse injuries. Musculoskeletal injuries are common among military recruits. Similar problems are seen among polio survivors. The hypothesis was that focal weakness predisposes to overuse syndromes related to the weakened muscles and/or those used to in compensatory movement strategies. The muscle weakness experienced by many polio survivors puts this population in a unique position to serve as an accelerated model for the same weakness-overuse-injury cycle experienced by military recruits. Muscle strength and symptomatology data were collected on 194 polio survivors and 226 adults with no history of polio. A scientific model was developed for predicting the presence of shoulder symptoms using logistic regression and identified knee extensor strength and weight as risk factors. Exercise and lifestyle modification instruction showed potential as effective treatments for these overuse symptoms. Compensatory strategies were identified for a chair rise task that may be linked to the development of shoulder overuse symptoms. In another study, the results also support the preventative use of orthotics to avoid plantar fasciitis. We also looked at the variability in strength of adults aged 18-88 and developed 95% confidence intervals which may be used to determine the presence of subclinical weakness. The results of this project support the use of the post-polio population as a model for overuse in the general population.			
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## INTRODUCTION

Although there have been numerous studies dealing with muscle physiology, tissue response to injury, kinesiology (muscle use), kinematics (joint motion), and kinetics (force application), most of these studies have remained laboratory-based. Generally, this knowledge has not been applied to everyday clinical situations, occupational demands, or military training protocols. Efforts to apply laboratory technology and knowledge in this field of research have been directed toward a very small group: the elite professional or Olympic athlete. Minimal efforts have been undertaken to address the needs and demands placed on "occupational athletes", "military athletes", or "Activities of Daily Living (ADL) athletes".

The ADL athlete is perhaps the least appreciated and understood. The strength and energy demands of common daily activities are greater than realized. They necessitate great endurance as well as durability and strength. The demands of specific common activities, such as rising from a chair, are largely unknown. Likewise, many studies have documented the high rate of injuries suffered by military recruits during initial weeks of training, which may push unconditioned muscles to or beyond limits of endurance.<sup>1,2,3,4</sup> Even less understood are the compensatory mechanisms used when there is muscle weakness or pain.

The relationship between muscle weakness, overuse, and injury, is one that has received much clinical attention. Muscle weakness can be found in an unconditioned individual, after injury, or after illness, and may arise for a variety of reasons:

- Chronic weakness in a given muscle group may result from a neurologic disease (e.g. polio) or an extremity injury. For example, there is evidence that muscle atrophy, weakness, and abnormal motor patterns may persist at least one to five years after an injury requiring immobilization<sup>5</sup>, may affect distant, uninjured muscle groups<sup>6</sup>, and may not resolve without conscious retraining.<sup>7</sup>

- Transient weakness results directly from a fatiguing task or pain-limitation on full muscle recruitment.<sup>8</sup> A pitcher in a ball game for a full nine innings would suffer transient weakness in his throwing arm.<sup>9</sup>

- Under certain conditions requiring higher than normal tasks demands, a muscle or group of muscles of normal strength may display relative weakness. An unconditioned individual required to run ten miles, or a non-weight lifter trying to lift 500 lbs. would fall into this category.

Obviously, these various etiologies produce weakness of different kinds, but each may lead to overuse of muscles to carry out certain tasks. The overuse can occur directly: weak muscle themselves need to work harder to maintain a certain force, thus becoming overused. The overuse may also be incurred indirectly, in alternate muscles that are recruited to compensate for the weak ones. Moreover, the relationship between focal weakness, focal overuse, and injury is both a cyclical and a reciprocal one, weakness producing overuse, overuse causing further weakness, and both predisposing to injury. (See Figure 1 in Appendix I) The injury can occur in the muscles themselves or in joint, capsule, or bone, since overused muscles are less capable of protecting these structures.<sup>1,2</sup>

Many polio survivors enter the weakness-overuse-injury cycle with chronically weak muscles. Military recruits most probably enter either with overuse or transient or relative weakness, induced by an unconditioned individual starting a rigorous training regimen. ADL athletes may enter at any point, two examples being surgery-induced weakness or repetitive demands leading to overuse (as in carpal tunnel syndrome by data entry personnel).

Though each of these populations enter the cycle at different points and at different levels of weakness, once in the cycle they are all prone to injury via the same biomechanical mechanisms. For this reason, polio survivors provides an excellent model for the study of all overuse disorders. The muscle weakness experienced by many polio survivors causes accelerated overuse, allowing the overuse to be readily observed in a small population over a short period of time. Over time, polio survivors

become masterful in a wide variety of compensatory techniques. Therefore, they also provide an excellent model to study the nature of compensatory muscle use and the induction of secondary injuries.

### **Muscle Overuse and Trauma in Military Recruits and ADL Athletes**

Musculoskeletal injuries are alarmingly common in military recruits: incidence rates of 20-90% have been reported.<sup>1,3,4,10,11,12,13</sup> Of these, as many as 87% are due to overuse.<sup>10</sup> The bulk of these overuse injuries occur in the initial weeks of training, when rigorous physical demands represent an extreme increase in activity level for almost all recruits. As with polio survivors, most injuries are in the lower limbs. Musculoskeletal disorders are increasing in the military and, by 1991, accounted for 67% of medical discharges, incurring a cost to the Air Force of at least \$2.7 million over five years.<sup>3</sup> These disorders can also lead to diminished combat performance, as evidenced by evacuation hospital findings in Operation Desert Storm and Operation Uphold Democracy.<sup>14,15</sup>

A variety of factors in military training programs have been implicated in these injuries, including: exercising when fatigued, length of marches, training surface, arrangement of platoons (allowing shortest recruits to set stride length by placing them in front may reduce injury), stamping of feet on asphalt when coming to attention, design and fit of boots, carrying heavy weights overhead, and training techniques, including increasing the intensity, duration, or frequency of training too rapidly.<sup>1,16</sup> Thus, simple adjustments to training regimens could produce significant improvements in injury rates.<sup>2</sup> Additional factors that have been implicated in military overuse injuries include: prior exercise regimen and level of physical conditioning, running history, emotional status, and environmental factors, such as the height of obstacles on a training course.<sup>3</sup> More research needs to be done, however, to determine the extent and relative importance of each predisposing factor.

Among civilians, occupational activities and recreational exercise are the most common sources of muscle overuse and injury. According to Renstrom, the yearly incidence of running injuries is

between 37% and 56%. Increases in activity intensity, injury history, muscle weakness, and idiopathic biomechanics have been implicated in the etiology of athletic injuries.<sup>17</sup>

### **Prevalence of Subclinical Focal Weakness in Military Recruits and ADL Athletes**

Though not much is known about the incidence of subclinical focal weakness in normal individuals, significant paresis can exist in individuals who are diagnosed as "normal" by manual muscle testing, and who function and feel normal in active daily life.<sup>18</sup> Moreover, the population from which the military secures its recruits, i.e. active, athletic young adults, are the same individuals most likely to have suffered some kind of injury due to athletics. Such injuries have a "subclinical" effect on muscle operation long after full recovery is assumed.<sup>5,6</sup>

Transient or relative weakness may be very common in this population given the high intensity nature of training. It should be emphasized that in such a healthy, fit population biomechanical compensation can allow an individual to continue activity at a normal level. In this situation he or she may be overusing muscles to compensate for an undetected subclinical focal injury or weakness and thus, do permanent muscular damage.

### **Overt and Subclinical Weakness Produced by Polio**

There are 1.5 million people in America who have residual paralysis from poliomyelitis. At present approximately 40% of these people have experienced a significant decline in their ability to function in recent years. This functional decline has been called Post-Polio Syndrome (PPS). PPS is usually diagnosed 30-40 years after the initial polio infection. All individuals with prior polio are at risk for developing PPS unless they receive preventative treatment.

PPS is characterized by a number of symptoms, including increasing muscle weakness, muscle and joint pain, incapacitating fatigue, and depression.<sup>19,20,21</sup> The loss of muscle strength can be

perceived as sudden and severe. Additional symptoms include intolerance to cold, muscle atrophy, fasciculation, and sleep disorders.<sup>19,21</sup>

The major cause of PPS is thought to be the chronic overuse of muscles which were weakened by polio. In one study of PPS patients, polio-affected muscles were found to have strength values less than half those of healthy controls, mean fiber areas twice those of healthy controls, and low oxidative enzyme activity.<sup>21</sup>

Strength and endurance tests have revealed PPS patients to have significant deficits in neuromuscular function: in one study, PPS subjects had only 54% of normal strength and 51% of normal work capacity.<sup>19</sup> Another experiment, which evaluated the gait cycle of PPS patients, found that 85% of the subjects displayed excessive activity in at least two muscles. Despite this increased effort level, subjects' mean free gait velocity was significantly lower than normal.<sup>20</sup> Thus, in a walking task, PPS patients need to overexert muscles even to achieve a subnormal result. These results were obtained even in patients classified as "strong" and who earned manual muscle testing grades of "good" and "normal".

Furthermore, it has been shown that PPS individuals needing to use a much higher portion of maximal effort than normals to carry out a given task suffer significantly diminished endurance capacities and extended recovery time.<sup>19</sup>

### **Overuse Injuries in PPS**

Over time, PPS patients become adept at compensating for this well-documented weakness.<sup>20, 22</sup> The result is overuse and trauma to compensating muscles as well as those weakened by the initial polio infection. Moreover, the problem is exacerbated by the fact that patients seem willing to accept chronic pain as "the price" of having had polio, and many suffer for years, often denying their pain and weakness, and incurring further damage to muscle tissue, before requesting

clinical help. The most common overuse injuries observed in this population as part of the Einstein-Moss Post-Polio Management Program are shown in Figure 2 (in Appendix I).

## **Post-Polio Syndrome as a Model for Muscle Overuse and Trauma in Military Recruits and ADL**

### **Athletes**

The extensive muscle weakness experienced by many polio survivors results in a pattern of accelerated overuse and, often, subsequent trauma. This puts polio survivors in a unique position to serve as an accelerated model for the same weakness--overuse--injury cycle experienced in normal populations, such as military recruits and ADL athletes.

An important point to note is that although the muscle weakness of the polio survivor is more pronounced than that noted in the general population, polio is not a primary muscle disease, so normal muscle physiology, sensation, and motor control are preserved.<sup>20</sup> It is thus a “pure” model for study of the effects of muscle weakness on the remainder of the musculoskeletal system, namely muscle, tendons, ligaments, and joints.

Thus, this well-defined post-polio population is enabling researchers from the Albert Einstein Healthcare Network (AEHN), to study the effects of muscle weakness and overuse more efficiently. The hypotheses being tested by the proposed studies should help to elucidate: the relationship between overuse and trauma; the effectiveness of various interventions in breaking this cycle of muscle abuse, and the potential ability to predict what specific injuries may result from specific weaknesses.

## **STUDY #1: CROSS-SECTIONAL STUDY OF THE RELATIONSHIP BETWEEN PATTERNS OF WEAKNESS AND PATTERNS OF OVERUSE SYMPTOMS IN POST-POLIO SURVIVORS**

### **RATIONALE:**

If it is the case that specific muscle weakness leads to overuse both of the weakened muscle(s) and of those used to compensate for its weakness, then one would predict that identification and treatment of localized muscle weakness could lower the risk of development of overuse symptoms. The first step along this path was to establish a systematic relationship between the presence and location of weakness and the prevalence and location of overuse symptoms.

### **OBJECTIVES:**

- 1) to determine the pattern of muscle weakness seen in the trunk and extremities in PPS;
- 2) to determine the prevalence of soft tissue overuse disorders and injuries
- 3) to determine the relationship of muscle weakness to the specific observed overuse injuries, both direct and compensatory.

### **METHOD**

#### **Subjects**

A total of 194 polio survivors (98 male and 96 female) were recruited from the Einstein-Moss Post Polio Management Program and the community at large (including the surrounding four-state area: Pennsylvania, New Jersey, Delaware, and southern New York) to participate in this study. The criteria used in subject selection was as follows:

- 1) history of polio
- 2) no major disability unrelated to polio that could cause weakness or overuse problems  
(e.g. stroke, amputation, diabetes, inflammatory arthritis, peripheral neuropathy)

- 3) no serious illness such as heart or lung disease which would make it unsafe for the subject to exert him/herself in a strength test (i.e. severe emphysema, poorly controlled asthma, resting angina, recent heart attack, recent treatment for an uncontrolled heart problem)
- 4) no fractures within six months of study enrollment

### **Procedure**

The following protocol had the approval of the AEHN Institutional Review Board. Informed consent to participate in the study was obtained from all subjects prior to testing, and no adverse events occurred during testing.

Each subject was seen in the Post-Polio Research Clinic, following a standard procedure. To ensure diagnostic reliability and minimize bias throughout the study, one clinician evaluated strength and another symptomatology, each blinded from the other's evaluation.

Before any testing, a nurse conducted a brief clinical interview to review a standardized history which included an inventory of activities that may predispose to overuse symptoms. This self-administered activity assessment survey was developed based on a questionnaire designed to measure habitual physical activity.<sup>23</sup> Once the history and activity forms were completed, the subject's height (cm) and weight (kg) were measured using a standard scale.

A symptomatology evaluation was then conducted. The nurse started at the shoulder and using palpation in combination with tests for specific overuse symptoms, looked for areas of pain or tenderness. Each subject was also assessed for deformities common among polio survivors. The major joints were examined using tests which were specific for each joint. These tests are listed in Table 1 in Appendix II. A positive or negative response was recorded for each test. If the response was positive for a symptom test, the subject was asked to rate their pain on a visual analog scale (VAS). This scale consisted of a 100 mm vertical line with the words "No Pain" at the bottom end and "Pain as bad as it

could be" at the top end. The subject put a line on the scale corresponding to their feeling of pain or discomfort. They were also asked to identify the estimated date of onset of the pain and whether there were any specific activities which seemed to aggravate their symptoms. Once the symptomatology evaluation was completed, the nurse measured the true leg length and the thigh and calf circumference for both legs. This was followed by the range of motion evaluation for all major joints. A minimum of two trials were completed for each joint.

During this examination, if the nurse determined, based on the VAS rating, that there was significant pain which would interfere with accurate strength measurement ( $VAS > 50$ ), she offered the subject an injection of local anesthetic. Injections consisted of 10 cc of Lidocaine. The maximum number of injections that a subject could receive was determined by the subject's weight. Subjects who weighed less than 65 kilograms were given one injection at most. Subjects who weighed more than 65 kilograms were allowed up to two injections.

Next, a physical therapist or physical therapy assistant performed a manual strength examination using a hand-held dynamometer (Empi Microfet2, St. Paul, MN). All muscle groups were tested in gravity-eliminated positions. The postures, placement of the dynamometer, and stabilization points were standardized (see Table 2 in Appendix II). The verbal encouragement used for each test was also standardized. For each test, the subject pushed against the padded dynamometer force plate which the physical therapist was holding stationary. The subject was asked to slowly build to a maximal force and then hold this maximal effort for 4-5 seconds. There was a minimum of two trials for each muscle group. Additional measurements were taken only if the first two trials varied by more than 10% or by more than 1 lb. for strengths less than 10 lbs. The maximum number of trials for a single muscle group was four to prevent fatigue. For each subject, those muscle groups which did not have two trials which met the 10% or 1 lb. criteria after four attempts were excluded from the analysis. In addition, if a subject reported pain during testing, those trials were considered invalid and excluded from the data analysis.

The digital hand-held dynamometer measured the peak force and had a range of 0 to 100 lbs. The accuracy of the dynamometers used in this study was checked by vertically loading certified weights on their end pieces.

Once the dynamometer testing was completed, the physical therapist performed manual muscle testing using a standardized protocol on selected muscle groups. Eligibility for the treatment studies depended on these manual muscle strength levels. The selected muscle groups were the shoulder flexors and abductors, elbow flexors and extensors, knee flexors and extensors, hip extensors and abductors, and ankle plantar flexors. Each test was done in a gravity-resistant posture and the Lovett grading system was used. If the grade was equal to or greater than 3, it was specified using (+) or (-) signs to distinguish between levels. Otherwise, a muscle grade of <3 was recorded.

### **Reliability**

Sixteen polio survivors underwent symptom assessments by the two nurses involved in the study. These results were used to determine symptom interrater reliability. A period of one to five days separated the two assessments for each subject. All assessments were done at the same time of day.

In order to determine the interrater reliability of the strength measurements, six subjects (2 polio survivors and 4 individuals with no history of polio or other neuromuscular disorders) had their strength measured by each of the three physical therapists involved in data collection for this study. For each subject, all strength assessments were performed at the same time of day within a one-month period.

Additionally, 10 polio underwent additional strength testing with the Kinetic Communicator Exercise System (KINCOM) as a reliability check for the hand-held dynamometer. Isometric strength was measured in the knee flexors and extensors and the elbow flexors and extensors. All subjects involved in this testing were required to have grade 3 or better strength in each of the selected muscle groups.

## RESULTS AND DISCUSSION

### Reliability

In order to determine strength reliability, we calculated interrater correlation coefficients [ICC(3,1)].<sup>24</sup> These results are summarized in Table 3 in Appendix II. Reliability was very high for most muscle groups (above 0.8). All muscle groups had coefficients over 0.7 except for neck extension and ankle plantar flexion. Neck extension strength was difficult to measure reliably because of the awkward positioning required. The ankle plantar flexors were one of the strongest muscle groups measured and as a result, the examiners occasionally experienced some problems with stabilization and positioning.

For symptomatology interrater reliability, we calculated  $p_0$  or the proportion of observed agreement (see Table 4 in Appendix II). Once again, reliability was good with all symptom/deformity tests having values for  $p_0$  of 0.8 or higher, with the exception of scoliosis and patella-femoral crepitation. For the most part, both of these tests relied on the examiner's subjective opinion. Therefore, some of the discrepancies may have been due to the difference in experience level for the two nurses. The nurse who did the majority of the symptom testing worked for the orthopedic department and had several years of experience in doing similar exams. The other nurse was an experienced rehabilitation nurse, however she did not have any experience in orthopedic examinations prior to the training she received for this project.

For the dynamometer reliability, we compared the mean strengths obtained from the hand-held dynamometer to those obtained from the Kin-Com dynamometer (summarized in Table 5 in Appendix II). None of the means were significantly different from one another, except for knee extension on the right side. The mean strength obtained with the hand-held dynamometer for this muscle group was lower than that obtained with the Kin-Com.

## **Subject Characteristics**

Descriptive characteristics of the study population are summarized in Table 6 in Appendix II. The range in age was 32 to 81 years. The median age at onset of polio was 5 years, and the median number of years since polio was 48, ranging from 29 to 80 years.

Each subject was asked to identify the sites where they had residual weakness or paralysis immediately following the original polio infection. The possible sites included neck, back, abdomen, left arm, right arm, left leg, and right leg. The highest percentages were seen for the legs (57% for left leg and 55% for right leg). All of the remaining sites had values below 25%. Approximately 7% of the subjects stated that they were left with no noticeable weakness or paralysis after recovering from the original polio infection.

When study participants were asked to identify any new muscle problems they may have been experiencing recently: 70% cited increasing weakness, 54% cited increasing muscle pain, 47% cited an increasing occurrence of muscle cramps, and 40% cited increased muscle twitching. When asked to specify which activities seemed to bring on or aggravate these problems, the most common responses were: walking (25%), standing (14%), lifting (6%), exercising (5%) and climbing stairs (5%).

## **Symptom Prevalence**

Table 7 in Appendix II gives the percentage of positive responses given for each symptom/deformity test. For deformities, the highest percentages of subjects were seen for cavus feet (40-41%) and scoliosis (41%). For symptoms, the highest percentages of subjects were seen for biceps palpation (10%), supraspinatus (impingment) test (12-16%), numbness or tingling of the hand/wrist (17-20%), plantar fascia tenderness (10%), and patella-femoral crepitation without pain (39-41%).

## Prediction Models

Because of the tremendous number of variables involved, we developed several *a priori* prediction models in order to reduce the risk of Type I error. These prediction models were based on previous findings in the literature and theories of movement compensation. Each model identified a potentially problematic muscle or group of muscles and then based on weakness in that muscle(s), predicted the overuse problems which might result. A total of seven models were developed. However, we were unable to perform any data analysis for two of these models due to the small number of subjects who had the required symptoms. The other five models are described in the following sections. Each section gives a description of a prediction model or *a priori* hypothesis and then summarizes the results of the analysis pertaining to that particular hypothesis. For all analyses, statistical significance was defined as  $p \leq 0.05$ .

### **Model #1: Weakness of calf muscles will result in knee crepitation and/or pain.**

**Hypothesis:** Weakness of the gastrocnemius and soleus muscles will result in increased muscular demand on the quadriceps muscle. The gastrocnemius and soleus muscles stabilize the tibia from mid-stance to terminal stance. During ambulation, as the tibia rotates forward in the stance phase, the weakened gastrocnemius and soleus muscles may be unable to control the flexion tendency at the knee. The quadriceps will then become active and will be used to keep the knee extended so that it doesn't buckle as the body weight (i.e. center of gravity) moves forward over the foot. The usual activation pattern for the quadriceps muscle is for a very short period of time in the last swing and early stance phases. With the increased demand on the quadriceps, they become active for a much longer period of time. This is the theoretical etiology of knee pain with patellar tendinitis and patella-femoral crepitation or arthritis. The patella is the fulcrum of the quadriceps muscle. This model would apply only to ambulators.

**Analysis and Results:** Among the 194 polio subjects enrolled in the study, there were a total of 185 ambulators. Based on clinical experience and our knowledge of biomechanics, we hypothesized that the subjects at highest risk for knee pain or crepitation would have a minimum of gravity-resistant strength (grade 3) in their knee extensors in order to allow for possible compensation for weak calf muscles. We also hypothesized that subjects who do not wear articulating braces with a dorsiflexion stop would be at higher risk for knee symptoms than those who do wear braces. These braces are designed to supplement the weak calf musculature and should make the development of knee symptoms less likely.

Since strength and brace use could vary from leg to leg on the same person, thereby putting each leg at a different level of risk for symptoms, separate analyses were performed for the dominant and non-dominant sides. Dominance was established for each subject by asking which leg would he/she use to kick a ball or when walking which leg steps first. Within each side, legs were grouped based on whether or not an articulating brace with dorsiflexion stop was worn (Yes/No), whether or not knee extensor strength was grade 3 or better (Yes/No), and whether or not the knee had symptoms when assessed (Yes/No).

The mean ankle plantar flexor strength was compared between the symptomatic and asymptomatic groups for patella-femoral crepitation with or without knee pain. A separate analysis was run for only legs with knee pain. The results are summarized in Tables 8 and 9 in Appendix II.

There were 7 subjects who had unilateral knee pain. The mean ankle plantar flexor strength in the legs with knee pain was compared to the mean strength in the asymptomatic legs. Although the symptomatic legs were weaker (22.46 lb.) than the asymptomatic legs (37.71 lb.), the difference was not significant (Wilcoxon p-value = 0.4688).

**Discussion:** We predicted that legs with patella-femoral crepitation with or without knee pain would have significantly weaker ankle plantar flexors than legs without knee symptoms. However, our results showed that while the mean ankle plantar flexor strength for the symptomatic legs for both knee

pain and crepitation tended to be smaller than the mean strength for the asymptomatic legs, these differences were not significant. The only exception was for legs with weak quadriceps and no braces. Within this subgroup, legs with patella-femoral crepitation were significantly weaker than legs with no knee symptoms on the dominant side only.

We had also predicted that legs with strong quadriceps and no brace, combined with ankle plantar flexor weakness, would be at highest risk for developing symptoms. However, our results showed that the percentage of subjects with patella-femoral crepitation in this group (42% for the dominant side and 44% for the non-dominant side) was not significantly different than the percentages seen in the other three groups (varied from 40% to 47% for the dominant side and from 25% to 65% on the non-dominant side).

In the between-subjects comparison, the value for mean ankle plantar flexor strength was lower for subjects who had knee pain compared to those who did not in the group predicted to be at highest risk (no braces and strong quadriceps) for both the dominant and non-dominant sides. While these differences were much higher than those seen for any of the other groups, they still were not statistically significant. The results of the within-subjects comparison yielded similar results. While the mean ankle plantar flexor strength in the legs with knee pain was smaller than that in the legs without knee pain, the difference was not statistically significant.

Overall, there appears to be some support for our hypothesis. We did not see the strength differences we expected for patella-femoral crepitation, however these differences did become more apparent when we looked at knee pain. One of the mitigating factors which must be considered is the relatively small number of subjects included in the groups with braces and/or weak quadriceps, and also the very small number of subjects who had knee pain.

**Model #2: Weakness in the leg extensor muscles will lead to shoulder overuse symptoms.**

**Hypothesis:** Average weakness of the hip and knee extensor muscles in the lower extremities causes individuals to lean heavily on their arms when rising from a seated position (assuming moderate to strong arms). This is the theoretical etiology of supraspinatus and biceps weakness, tendinitis, and rotator cuff pathology. Increased impairment of the lower extremities is a common complaint among polio survivors. Often, this impairment may be the result of hip extensor and/or knee extensor weakness. Previous studies have documented that these “anti-gravity” muscles had a lower recovery rate compared to flexor muscles.<sup>25</sup> We predicted the individuals with moderate levels of weakness in their hip extensor and/or knee extensor muscles would use their arms to help compensate during stabilization and mobility tasks (e.g. rising from a chair), as opposed to someone with normal levels of leg extensor strength who would not need to use their arms to perform the same tasks.

**Analysis and Results:** A combination of palpation and resistance tests of the biceps and supraspinatus were used to look for areas of pain or tenderness in each shoulder. Overall, 90 (50%) of the subjects in this study had one or more shoulder symptoms.

In order to determine whether certain shoulder symptoms tended to be linked in their occurrence either by structure (biceps vs. supraspinatus) or type of test (palpation vs. resistance test), a correspondence analysis was performed. Subjects were classified based on the presence or absence of each shoulder symptom. The results of this analysis showed that there were two distinct clusters (displayed in Figure 3 in Appendix I). Cluster 1 consisted of the four palpation tests (left and right biceps palpation and left and right supraspinatus palpation). Cluster 2 consisted of the four resistance tests (left and right supraspinatus (impingment) tests and left and right biceps tests). Replication of the analysis for each gender separately gave similar results. There was no significant association between clusters (Chi-square value = 0.060, 1d.f., p - 0.806). Overall, 30 (17%) subjects had symptoms in Cluster 1 (palpation symptoms) only, 43 (24%) subjects had Cluster 2 (resistance symptoms) only, and 17 (9%) subjects had symptoms in both clusters.

Examination of the breakdown between males and females within each symptom cluster revealed a significant association between gender and the presence of palpation symptoms (Chi-square value = 15.552, 1.d.f., p-value < 0.001). A total of 38 (42%) females had palpation symptoms compared to only 9 (10%) males. However, the breakdown by gender for the resistance symptoms was approximately equal with 31 (34%) females and 29 (33%) males.

Because of the small number of males with palpation symptoms, we limited our analysis of these symptoms to females only. The potential predictor variables were age, time since polio, weight, height, the combined strength of both knee extensors (KNEES), the combined strength of both hip extensors (HIPS), the combined strength of both knee extensors and both hip extensors (ALL), the combined strength of both shoulder abductors (ABDS), the combined strength of both shoulder flexors (FLEX), and lower limb, upper limb, and transfer activity scores.

Strength values were broken down into bins with approximately equal frequencies (quintiles). The percentage of subjects in each quintile who had specific symptoms was calculated in order to determine, on a preliminary basis, the nature of the relationship between strength and symptoms. A similar analysis was performed for the other independent variables.

Plots of the percentage of subjects with shoulder symptoms against the strength of each muscle group (in quintiles) revealed neither a linear pattern nor a good fit to a polynomial equation. Similar patterns were seen for the other independent variables identified as potential predictors. Therefore, each of these potential predictors were defined as categorical variables with quintiles as levels. The only exception was weight. In the plot of the proportion of subjects with palpation symptoms versus weight, we observed an increasing pattern. Therefore, this variable was treated as quantitative instead of categorical.

Each predictor variable was entered into a univariate logistic regression model with presence or absence of palpation symptoms as the dependent variable. The results of the univariate analysis showed that weight, age, KNEES, ALL, FLEX, and upper limb activity score had p-values less than or equal to

the pre-determined cutoff of 0.15. These variables were entered into a stepwise multivariate logistic regression model. The results of the multivariate analysis showed that the model with KNEES and weight was the best predictor of palpation symptoms in this population.

The plot of the percentage of females with palpation symptoms versus overall knee extensor strength (in quintiles) showed evidence of a threshold effect as illustrated in Figure 4 in Appendix I. Females whose combined knee extensor strength was less than 79 lb. were at much higher risk for having palpation symptoms than those whose combined knee extensor strength was equal to or greater than 79 lb. Figure 5 in Appendix I is a plot of the proportion of females with palpation symptoms versus weight (in quintiles). As weight increased, the proportion of females with shoulder symptoms also increased. Females who weighed more than 154 lb. were at much higher risk than those who weighed less.

The analysis for the resistance symptoms was similar to that for the palpation symptoms except that both males and females were included. The potential predictor variables were the same. Since a Chi-square analysis showed no significant association between gender and the presence of resistance symptoms (Chi-square value = 0.025,  $p = 0.999$ ), we initially performed the logistic analysis with both genders combined.

The outcome of the univariate analysis included HIPS, KNEES, ALL, and age. The results of the multivariate analysis showed that the model containing ALL and age was the best predictor of resistance symptoms. Figure 6 in Appendix I illustrates the plot of the proportion of subjects with resistance symptoms versus ALL in quintiles. The graph shows that the highest proportion of subjects with symptoms was found in the mid-range for leg extensor strength. A plot of the proportion of subjects with resistance symptoms versus age in quintiles is displayed in Figure 7 in Appendix I. Subjects who were between 50 and 54 years of age were at highest risk for developing these symptoms.

Despite the fact that we found no significant gender effect for resistance symptoms, there was some concern about whether gender was possibly confounding our results. In the literature, there are well-documented gender differences in muscle strength and body size. Therefore, we decided to analyze

males and females separately in order to determine if the relationship between resistance symptoms and the potential predictor variables was the same for both genders.

The results of the univariate analysis for males showed that KNEES and age were the only variables which met the cutoff criteria. The stepwise multivariate analysis resulted in a model containing both variables with the highest proportion of males with symptoms in the mid-range for knee extensor strength and age. For females, the results of the univariate analysis included HIPS, ALL, and age, and the multivariate analysis produced a model containing HIPS and age. The females with the highest proportion of symptoms had the weakest hip extensors, followed closely by those with mid-range strength. In terms of age, females in the lower quintiles had the highest proportion of symptoms.

A comparison of the KNEES model and the HIPS model for both genders is displayed in Table 10 in Appendix II. The odds ratios represent the level of risk for each quintile compared to quintile 5 which contained the strongest subjects. An odds ratio equal to one would mean the level of risk was about the same compared to quintile 5. For males, the KNEES model appears stronger than the HIPS model with larger, more significant odds ratios and a higher sensitivity value. However, the HIPS model for males has a higher value for specificity than the KNEES model. For females, the odds ratios for both the knee and hip models show similar patterns, and the sensitivity and specificity values for both models are comparable.

**Discussion:** The purpose of this model was to determine if there was a systematic relationship between the presence and location of lower extremity weakness and the presence of pain potentially attributable to shoulder overuse. We predicted that the percentage of subjects with shoulder symptoms would be highest in the mid-range of leg extensor strength since these individuals would be more active than those with severe weakness and would put more stress on their arms than those with mild or no noticeable weakness.

Our results showed that the shoulder symptoms could be broken down into two distinct symptom clusters based on the type of testing used for assessment. The results of the multivariate analyses appear

to support the theory that these are two different symptom complexes. The palpation symptoms may be more closely associated with tendinitis or other similar conditions characterized by inflammation and tenderness to the touch. The resistance symptoms are probably more closely related to impingement problems which are characterized by pain with active motion.

Our results also showed that palpation symptoms were more common among females, as are many overuse injuries.<sup>26,27</sup> This may be due to differences in pain perception and report. Previous studies have suggested that men have a higher pain tolerance than women, especially in tests involving pressure pain.<sup>28,29,30</sup>

In order to determine if gender differences might simply be related to greater stoicism among men, we assessed the severity ratings for the resistance symptoms. We found no significant difference; women did not rate their pain intensity higher than men.

Our results showed that palpation symptoms among women were strongly related to knee extensor strength and weight. The most likely explanation is that weak knee extensors cause increased demand on the arms during tasks such as getting up from a chair or using an assistive device for ambulation. Increased weight will also result in an increased demand on the arms during similar tasks. Unfortunately, we did not have sufficient power to allow us to distinguish a threshold model from the predicted curvilinear model. From the graph of proportion of females with palpation symptoms versus quintiles of knee extensor strength, it did appear that the proportion was highest in the mid-range for strength. However, it was not possible to determine whether subjects with moderate weakness were truly at higher risk than profoundly weak subjects or whether this peak was simply due to random error.

In terms of predicting resistance symptoms, we were not able to draw any definitive conclusions in terms of which aspect of lower extremity strength was the best predictor. While it did appear that some aspect of lower extremity strength is a significant predictor for resistance symptoms for both genders, the results were variable between KNEES, HIPS, and ALL, depending on which genders were included in the regression model. The results for males suggest that knee extensor strength is more

important. However, for females the results were not as clear, and there remains some doubt as to whether hip extensor or knee extensor strength is the best predictor for females.

One explanation for the possible difference between genders is that resistance symptoms are actually a more complicated phenomenon in females, possibly related to gender differences in anatomy (e.g. females on average have wider hips than males). These anatomical differences may result in different compensation patterns when muscle weakness is present. However, it is also possible that the effect of knee extensor strength for females was obscured by random error or noise in the data, and the compensatory mechanisms are the same.

Since age was an important factor for resistance symptoms and not for palpation symptoms, we theorized that resistance symptoms may actually be a late manifestation of repeated episodes of palpation symptoms. In other words, shoulders which have suffered from recurrent bouts of tendinitis may eventually begin to degenerate resulting in impingement-related problems. A comparison of females with palpation symptoms versus females with resistance symptoms showed a slightly higher mean age for those with resistance symptoms. However, the difference was not significant (59.4 years vs. 57.2 years). This provides somewhat weak support for this hypothesis, but the fact that both palpation and resistance symptoms are more common in the lower age quintiles would seem to contradict it. More research is needed into the role that age plays in the development of resistance symptoms and the relationship between the two symptom clusters.

One of the limitations of this study was that we did not have the power to test interactions between independent variables due to the relatively low percentage of subjects with each symptom cluster. More data are needed in order to capture the complicated synergisms that may exist between variables. For example, we would expect that there would be an interaction between strength and weight. Previous studies have documented that the amount of muscle strength required to perform daily activities increases as weight increases.<sup>31,32,33</sup> Weight was an important predictor for palpation symptoms along with overall knee extensor strength. We attempted to capture the interaction between

knee strength and weight by calculating the ratio between the two variables (knee extensor strength divided by weight). However, our analysis showed that this ratio was not significant at the univariate level.

We did look into the possibility of modeling the relationship between shoulder symptoms and the various strength, activity, and anthropometric variables using neural network models. Unfortunately, since this technique requires massive amounts of data in order to be effective, and we determined that it would not be an appropriate tool for this study.

**Model #3: A foot with a high arch (cavus deformity) will be at high risk for plantar fasciitis.**

**Hypothesis:** A cavus deformity which is characterized by a high arch is caused by an imbalance in the strength of the muscles of the feet (i.e. toe flexor strength is greater than toe extensor strength). A cavus deformity of the foot places increased strain on the plantar fascia during standing and walking. This is the theoretical etiology of plantar fascia tenderness and metatarsalgia. This model would apply to ambulators who do not use crutches or braces with a molded foot plate and/or dorsi-stop. A brace with a foot plate or a dorsiflexion stop provides external support to the foot and should result in a lower risk for development of plantar fascia tenderness.

**Analysis and Results:** A total of 105 subjects or 54% of our study population had a cavus deformity in one or both feet (50 males and 55 females). Approximately 26% (27 out of 105) of these subjects had plantar fascia tenderness in the foot with the cavus deformity, as compared to 21% (19 out of 89) of the subjects without cavus in either foot who had plantar fascia tenderness in one or both feet. Overall, there was not a statistically significant association between the presence of a cavus deformity and plantar fascia tenderness (Chi-square value = 0.817, 1 d.f.,  $p = 0.366$ ).

Of the 27 subjects (16 females and 11 males) with cavus and plantar fascia tenderness in the same foot or in both feet, all were ambulators. Approximately 50% (13 out of 27) wore braces with a molded foot plate on the side with cavus and the plantar fascia tenderness. In addition, approximately

50% (13 out of 27) used an assistive device for ambulation (12 used a cane, 3 used crutches, and 2 used a wheelchair for long distances).

There were 11 subjects who had unilateral cavus and unilateral plantar fascia tenderness. In terms of which side was more likely to have plantar fascia tenderness, the likelihood appeared almost equal for either side. Six of these subjects had symptoms on the cavus side and five subjects had symptoms on the non-cavus (normal arch) side.

A within-subjects comparison of severity ratings for plantar fascia tenderness on feet with cavus and without in subjects with unilateral cavus showed that only approximately half of the sample (10 out of 19) were in the expected direction or had more severe pain on the side with cavus. Once again, there was no significant association between plantar fascia tenderness and cavus (Wilcoxon p-value = 0.968). Mean severity ratings for both groups were nearly equivalent (mean VAS = 33.0 for feet with cavus; mean VAS = 32.8 for feet without cavus). Among the five subjects who had bilateral plantar fascia tenderness and unilateral cavus, the mean severity rating was actually higher for the feet without cavus (mean VAS = 64) compared to the feet with cavus (mean VAS = 59).

Another hypothesis was that people with higher weights would be at higher risk for developing plantar fascia tenderness because the increased stress on the feet during walking. However, there we found no significant difference in the mean weight of subjects with plantar fascia tenderness compared to subjects without plantar fascia tenderness (Mann-Whitney U test statistic = 3700.5, p = 0.496).

**Discussion:** Overall, our findings do not provide evidence to support our hypothesis. While the proportion of ambulatory subjects with plantar fascia tenderness was slightly higher for those with cavus versus those without, the difference was not significant. Among the subjects who had unilateral cavus and unilateral plantar fascia tenderness, the proportion of people with both cavus and tenderness in the same foot (6 out of 11) was almost equivalent to the proportion of people who had cavus on one side and tenderness on the other side (5 out of 11). There was also no evidence to show that plantar fascia tenderness in feet with cavus was more severe than in feet without cavus or that the risk for developing

plantar fascia tenderness was lower in individuals who wear braces or use assistive devices for ambulation compared to those who do not.

**Model #4: Use of crutches, walkers, or other upper extremity aides for ambulation is associated with carpal tunnel syndrome.**

**Hypothesis:** Previous studies have documented that a large proportion of polio survivors who use ambulatory aides, such as canes, crutches, and walkers, have symptoms of carpal tunnel syndrome.<sup>34</sup> These symptoms may also result from pushing up from a wheelchair, as seen when doing transfers. Leaning on the hand repetitively can cause direct compression of the median nerve. It can also cause swelling of the tendons within the carpal canal which will put pressure on the median nerve, since the carpal canal has a finite volume. In addition, the tendons and the nerve can become inflamed when an individual must tightly grasp a cane or crutch. The tension created by the tendons constantly contracting with the wrist in hyperextension, pushes the median nerve upwards against the transverse carpal ligament. When the nerve is compressed, the result is feelings of numbness, tingling, and/or pain in the hand, wrist, or arm. Therefore, we predicted that there would be a significant association between the use of ambulatory aides and symptoms of carpal tunnel syndrome within our study population.

**Analysis and Results:** Among the 194 polio survivors enrolled in this study, approximately 40% or 78 people used one or more assistive devices on a regular basis. Looking at the breakdown by device: 26% used a cane, 15% used crutches, 13% used a wheelchair, 10% used a scooter, and 8% used a walker.

The tests used to evaluate the symptoms of carpal tunnel syndrome (CTS) were Phalen's test and Tinel's test. Subjects were also asked if they experienced numbness or tingling sensations in their hands/arms and were checked for signs of thenar atrophy. The total number of possible symptoms was four on each side or eight total. Approximately 53% (103 out of 194) of the subjects had one or more symptoms or signs of CTS.

Subjects were separated into groups based on use or non-use of assistive devices and presence or absence of any CTS symptoms or signs. Our analysis showed that the association between use of assistive devices and presence of CTS symptoms/signs was marginally significant (Chi-square value = 3.736, 1 d.f.,  $p = 0.053$ ). This analysis was repeated for each of the four symptom/sign tests separately. Once again, the results showed that assistive device users were more likely to have CTS symptoms than non-users. However, the only analysis which showed a significant association between device use and symptoms was for the presence of thenar atrophy (Chi-square value = 4.000, 1 d.f.,  $p = 0.046$ ).

There was a significant difference between assistive device users and non-users in the number of CTS symptoms/signs per subject (Mann-Whitney U test statistic = 3557.5,  $p = 0.007$ ). The non-user group was more likely to have no symptoms or one symptom/sign compared to the device user group, which was more likely to have two or more symptoms/signs. Device users were also almost twice as likely to have bilateral symptoms/signs compared to non-users (29% vs. 16%).

When separate analyses were done for each device, the results showed a significant association between wheelchair use and presence of CTS symptoms (Chi-square value = 6.047, 1 d.f.,  $p = 0.014$ ). The association between scooter use and presence of CTS symptoms was marginally significant (Chi-square value = 3.586, 1 d.f.,  $p = 0.058$ ). Our analysis showed no significant association between cane, crutch, or walker use and CTS symptoms.

**Discussion:** Our analysis provided support for our hypothesis and confirms the results documented in previously published studies. Overall, assistive device users did have more symptoms/signs of CTS than non-users and were more likely to have bilateral symptoms. There was also a strong association between wheelchair and scooter use and the development of CTS symptoms. People who use these devices tend to have significant levels of weakness in their leg muscles. As the legs become weaker, the demand increases on the arms (e.g. during transfers). This will increase the probability for development of symptoms related to overuse in the wrists, elbows, and shoulders.

**Model #5: Hip abductor weakness will lead to tenderness at the greater trochanter.**

**Hypothesis:** Ipsilateral hip abductor weakness will result in hip tendinitis. The hip abductor muscles (gluteus medius and gluteus minimus) are used to stabilize the pelvis during the stance phase of gait to provide single limb support on the ipsilateral limb. If these muscles are weak, they must expend maximum effort for longer periods of time than normal. If the strength of these muscles is insufficient to control the trunk posture over the stance limb, the result is stretching of the hip abductor musculature at its tendons at their attachment to the greater trochanter. This may then result in greater trochanteric bursitis/tendinitis. One of the symptoms of this overuse injury is tenderness to palpation over the greater trochanter. We predicted that there would be a significant association between hip abductor weakness and greater trochanter tenderness. We also predicted that ambulators who do not use crutches would be at highest risk for development of symptoms.

**Analysis and Results** Separate analyses were performed for the dominant and non-dominant sides, and subjects were divided into groups based on whether or not they had hip pain. A total of 31 ambulators had greater trochanter tenderness or hip pain on one or both sides. None of these subjects were crutch users. We compared the mean hip abductor strength of the symptomatic subjects versus the asymptomatic subjects. The results are summarized in Table 11 in Appendix II. There was a significant difference in strength between groups on both the dominant and non-dominant sides. As predicted, the hips with pain were significantly weaker than the hips without pain.

There were 17 subjects with unilateral hip pain and valid strength values for both hip abductors. We compared the mean hip abductor strength of the hips with pain versus those without pain among these subjects. The within-subjects comparison revealed no significant difference in mean strength between the two sides (Wilcoxon  $p$ -value = 0.379). In fact, the mean hip abductor strength for the hips with pain (20.150 lb.) was slightly larger than the mean strength for the hips without pain (18.644 lb.). However, 11 out of 17 subjects had results in the predicted direction (i.e. a lower value for hip abductor strength on the side with hip pain versus the side without).

In addition, there were 10 subjects with bilateral hip pain and valid strength results for both hip abductors. For each subject, we compared their hip abductor strength from both sides and designated the one with the largest strength value as the strong hip and the remaining hip as the weak hip. Then, we compared the mean severity ratings for both group. The result of the within-subjects comparison was marginally-significant (Wilcoxon p-value = 0.059) with the weaker side having a higher mean severity rating (mean VAS = 43.1) than the stronger side (mean VAS = 24.9).

**Discussion:** The analysis for this model seems to provide some support for our hypothesis. The between-subjects comparison of the mean hip abductor strength for hips with pain versus those without pain showed that hips with pain were significantly weaker than those without pain, and while the within-subjects comparison of mean hip abductor strength for those subjects with unilateral hip pain showed no significant difference in mean strength between hips, the majority of subjects (65%) had results in the predicted direction. In addition, the comparison of severity ratings for those subjects with bilateral hip pain, showed that the mean severity rating was higher on the weaker side.

## **STUDY #2: LONGITUDINAL STUDY OF THE DEVELOPMENT OF NEW OVERUSE SYMPTOMS IN POST-POLIO SURVIVORS**

### **RATIONALE:**

From the cross-sectional study, it will not be possible to determine with certainty whether weakness leads to overuse symptoms, or whether overuse symptoms lead to weakness (through reduced activity of the affected limb). In order to clarify the direction of causation, strength data gathered at one clinic visit will be used to predict onset of new overuse symptoms at subsequent visits.

### **OBJECTIVES:**

- 1) to determine the incidence of new soft tissue muscle overuse problems;

- 2) to determine the continued prevalence of those soft tissue overuse disorders detected in the initial screening; and
- 3) to clarify the causal sequence of the weakness--overuse--injury cycle.

## **METHOD**

### **Subjects:**

All 194 subjects from the initial cohort (study #1) were enrolled in this study. However, 74 subjects were lost to follow-up for one reason or another. A total of 120 polio subjects completed all required visits within the specified time period. Informed consent was obtained for all subjects.

### **Procedure:**

The subjects underwent a standard Research Clinic evaluation, as described in Study #1, three times at approximately 3-5 month intervals.

## **ANALYSIS AND RESULTS**

After reviewing the symptom data, it became apparent that we could not reliably predict the onset of new overuse symptoms using the strength data from a subsequent visit. A survival analysis was performed to determine the continued prevalence of overuse symptoms detected in the initial screening. The results showed that only a small percentage of subjects who complained of a specific symptom in the initial visit, consistently reported this symptom for the remaining two visits. However, we felt that it was important to establish whether or not there was a significant change in strength over time among the polio survivors and if so, which muscle groups were involved.

Repeated measures multivariate analysis of variance (MANOVA), with muscle and time as the repeating factors, was used to determine whether strength changes significantly over time. Therefore, only subjects with valid readings for all muscle groups for all three visits could be included in the analysis. If a subject reported any muscle or joint pain during testing, those trials were considered

invalid. We also excluded any subjects whose initial strength for any of the muscle groups was equal to 0 lb.

The original design was to look at general weakening over the entire body. However, a majority of the subjects had missing data or one or more invalid strength values (i.e. due to either pain during measurement or an initial strength value of zero) for at least one muscle group, resulting in their exclusion from the MANOVA. Therefore, we arbitrarily divided the muscles into two groups, upper extremity muscles and lower extremity muscles, in order to increase the sample size for analysis. Out of the 120 subjects who participated in this study, 71 subjects had complete data for the upper extremity group and 65 subjects had complete data for the lower extremity muscle group. There were 40 subjects who had complete data for all muscles and were included in both groups, and 23 subjects who were not included in either group. Based on plots of the various data, which revealed highly skewed distributions, all data were ranked prior to analysis. The strength data were ranked separately within each muscle, across time.

### **Results for the Upper Body**

There were 8 muscle groups included in the upper body analysis (shoulder flexors, extensors, abductors and external rotators; elbow flexors and extensors; and wrist flexors and extensors). The characteristics of the subjects in the upper extremity group are displayed in Table 12 in Appendix II. The range in age was 38 to 81 years. The median age at onset of polio was 4 years, and the median number of years since polio was 48, ranging from 38 to 80 years. At the initial visit, subjects were asked whether or not they had been experiencing problems with increasing weakness recently. Those who reported subjective feelings of increasing weakness were classified as symptomatic, and those who did not were classified as asymptomatic. There were 48 symptomatic subjects and 23 asymptomatic subjects included in this group. Subjects were also asked to identify the sites where they were left with residual weakness or paralysis after recovering from the acute polio infection. A total of 12 (17%)

subjects reported residual weakness in their right arm, and 17 (24%) reported residual weakness in their left arm. In addition, 4 (6%) subjects reported weakness in both arms and 46 (65%) subjects reported no residual weakness in either arm.

Results of the repeated measures MANOVA on upper extremity strength showed that the main effect of time was highly significant ( $p < 0.001$ ). Robust slopes were calculated for each subject by muscle using a nonlinear regression technique in order to get a measure of the rate of change of strength for each muscle in each subject. The average slope was then calculated across muscles to get a measure of the change in overall upper extremity strength. This slope was negative, which indicated a deterioration in upper extremity strength over time.

The results of the MANOVA also revealed a significant muscle by time interaction ( $p < 0.001$ ), indicating that strength deteriorated more rapidly in some muscles than in others. In order to determine which muscles showed the greatest change in strength over time, parametric effect sizes were calculated across subjects for each muscle. For a given muscle, the effect size was equal to the mean of the strength at visit 1 minus the strength at visit 3 divided by the standard deviation of the differences. A positive effect size was indicative of a decrease in strength over time. As shown in Table 13 in Appendix II, all upper extremity muscles had positive effect sizes. These effect sizes ranged from large to small. The largest effect sizes were seen for the right wrist flexor and the left shoulder external rotator.

An analysis of covariance (ANCOVA) was performed with the mean upper extremity slope as the dependent variable and age, gender, weight, and symptom status (i.e. subjects who reported increasing weakness were classified as symptomatic and all others were asymptomatic) as covariates. The results showed that age was the only significant factor ( $p = 0.036$ ). Age and upper extremity slope were plotted with a linear smoother to show the trend in the relationship between the two variables (Figure 8 in Appendix I). As age increased, the mean upper extremity slope decreased, indicating an increasing rate of deterioration of strength with increasing age.

Separate ANCOVAs were also performed on each arm with “history of residual weakness in that limb (yes/no)” as a covariate along with age. In both arms, age was marginally significant (left arm:  $p = 0.081$ ; right arm:  $p = 0.050$ ). However, history of residual weakness was not a significant factor for predicting the change in strength in either arm (left arm:  $p = 0.091$ ; right arm:  $p = 0.587$ ).

### **Results for the Lower Body**

The characteristics of the subjects in the lower extremity group are displayed in Table 14 in Appendix II. The range in age for this group was 38 to 76 years. The median age at onset of polio was 5 years, and the median number of years since polio was 48, ranging from 38 to 72 years. There were 43 symptomatic subjects and 22 asymptomatic subjects included in this group. A total of 38 (58%) subjects reported residual weakness from the original polio infection in their right leg and 26 (40%) reported residual weakness in their left leg. In addition, 10 (15%) subjects reported residual weakness in both legs and 11 (17%) subjects reported no residual weakness in either leg.

Results of the repeated measures MANOVA on lower extremity strength indicated that the main effect of time was significant ( $p = 0.002$ ). The interaction between muscle and time was also significant ( $p < 0.001$ ), indicating that the change in strength over time varied among muscles. Once again, parametric effect sizes were calculated for each muscle. The largest effect sizes were seen for the flexor muscles, including the bilateral ankle dorsiflexors, bilateral knee flexors, and bilateral hip flexors, indicating that these muscles showed the largest deterioration in strength. However, the weight-bearing muscles generally showed stable or slightly increasing strength over the study interval.

Similar to the results for the upper extremity group, the mean slope for the lower extremity muscles across all subjects was negative indicating an overall deterioration in strength. Results of the ANCOVA with lower extremity slope as the dependent variable and age, gender, weight, and symptom status as the covariates showed that none of the covariates were significant. Separate ANCOVAs were performed on the slopes for the left and right legs, with history of residual weakness in each leg (yes/no)

as the covariate. History was not a significant factor for either leg (left leg:  $p = 0.882$ ; right leg:  $p = 0.720$ ).

## DISCUSSION

Most of the studies which have looked at longitudinal changes in strength over time among polio survivors have focused their analysis on only one or two muscle groups.<sup>35,36,37,38</sup> Most often, the quadriceps or knee extensor is chosen because it is easily isolated for testing, the test-retest reliability is generally high, and there are many other studies which involve this muscle group to refer to for comparison. In addition, the assumption is often made that since these muscles were often affected by the polio virus, they may be overworked as a result. However, the results from these studies are contradictory and leave some question as to whether polio survivors are losing strength at an accelerated rate compared to the general population and if so, which muscle groups are involved.

In this study, we included individuals with all levels of strength, except for those whose initial strength was zero. We looked at the changes in mean strength for muscle groups in both the upper and lower body. Although our study only covered a period of 6-9 months, we found evidence of decreasing strength over time. However, the muscle groups which were considered most likely to show a decrease in strength (i.e. the "weight-bearing" or "gravity-resistant" muscles like the knee extensors) were not the ones where we found significant changes. Instead, our results showed a decrease in mean strength for the muscles of the upper body and also for the flexor muscles in the lower body. This has interesting implications for treatment programs designed to help polio survivors conserve or improve their existing muscle strength to help them maintain their independence for as long as possible.

## **STUDY #3: PATTERNS OF MUSCLE SUBSTITUTION USED TO COMPENSATE FOR FOCAL WEAKNESS IN SURVIVORS OF POLIO AND INDIVIDUALS WITH RECENT MUSCULOSKELETAL SURGERY**

### **RATIONALE**

Since many of the overuse symptoms in polio survivors occur in strong muscles used to compensate for weak ones, it is necessary to understand the biomechanical strategies used in compensation in order to predict fully the location of overuse symptoms. The study of a common task in the presence of localized weakness should help clarify the patterns of compensation used.

### **OBJECTIVES**

- 1) to determine the compensatory substitution patterns for knee weakness
- 2) to determine the biomechanical characteristics that will predict overuse sites.

### **METHOD**

#### **Subjects:**

From the Research Clinic cohort, 15 polio subjects were selected for participation in this study. All subjects had predominant unilateral weakness of the knee extensors (defined as having a minimum of one MMT grade difference between sides). Potential subjects were identified using the MMT results from study #1. In addition, 6 control subjects who had unilateral knee surgery within the previous 4 - 8 weeks were recruited from the orthopedic practices of the Albert Einstein Medical Center. Surgery patients were required to have a minimum of a 10 lb. difference in knee extensor strength between the side which had recent surgery and the unaffected side. Thus, comparison groups with weakness in the same muscle groups from different etiologies were identified. Additional criteria used in subject selection was as follows:

- 1) subjects could not have any major disabilities unrelated to their polio or recent surgery that could affect the pattern of muscle use during the research task (e.g. acute back pain, peripheral neuropathy, diabetes, amputation, stroke, cancer, inflammatory arthritis, muscular dystrophy)
- 2) subjects must be able to stand up from a chair safely

**Procedure:**

Surgery patients underwent a screening evaluation during which their knee extensor strength and hip extensor strength was measured using the hand-held dynamometer, following the same protocol as for study #1.

Prior to any testing, subjects were issued the following standard precautions: not to overexert prior to the session, not to use creme or lotion on legs/arms, to bring shorts and a T-shirt or half-sleeve shirt. Subjects were familiarized with the protocol and implications. Informed consent and permission to videotape was obtained. Anthropometric parameters of both lower and upper extremities were measured using calipers and measuring tape. Subjects were then weighed on a standard scale.

Surface electrodes were placed over the following muscles on both sides: tibialis anterior, soleus, vastus lateralis, rectus femoris, long head of biceps femoris, gluteus maximus, triceps, anterior aspect of the deltoid, and posterior aspect of the deltoid. Prior to electrode placement, the skin was cleaned and abraded with prep pads.

Selspot kinematic markers (light emitting diodes or LEDS) were placed in a standard configuration over various anatomical landmarks for measurement of body motion during the sit-to-stand performance. Twenty-four markers were used. Full body marker placement was as follows: a foot wand containing two LEDs, the base of which was positioned over the second metatarsal space of the foot. A marker was placed on the lateral malleolus, a wand on the midspan of the lateral aspect of the tibia, a marker on the estimate of the anatomical knee center, a wand on the midspan of the lateral aspect

of the femur, a marker on the trochanter, and a rigid array of markers was placed over the posterior aspect of the pelvis. For the upper extremity, a trunk rigid array was supplemented with individual markers on the wrist, forearm, and upper arm. Data was sampled at 62.5 Hz. for kinematics and at 500 Hz. for electromyographic (EMG) activity. A video record was also taken to correlate quantitative differences in the pattern of motion.

The subjects performed a sit-to-stand (STS) task under four different sets of conditions. These conditions varied in terms of chair height and whether or not the subjects were allowed to use the armrests and were as follows:

- a) Rising from a standard height chair (45.5 cm) without using armrests (referred to as low, no armrests condition or LWA)
- b) Rising from a standard height chair (45.5 cm) using armrests (referred to as low with armrests condition or LNA)
- c) Rising from an elevated chair (55.5 cm) without using armrests (referred to as high, no armrests condition or HWA)
- d) Rising from an elevated chair (55.5 cm) using armrests (referred to as high with armrests condition or HNA)

The order in which these tests were performed was randomized. Subjects were encouraged to accomplish each task at their own pace. The chair rested on a platform that was positioned over a pair of extra large force plates that allowed natural placement of the foot on each force plate. In all conditions, subjects were told not to place their hands on the chair seat if they could perform the STS task without doing so. If, in conditions (a) and (c), the subjects were incapable of successful STS either by having their arms hang at their sides or by throwing their arms forward, they were allowed to place their hands on their thighs or knees to assist them. In conditions (b) and (d), subjects were asked to place their hands on the arm rests prior to beginning the STS maneuver. A pressure switch affixed to the seat

was used to determine lift-off from the chair. The arms of the chair were instrumented with triaxial load cells in order to measure the forces placed upon them as the subject performed the STS.

In each condition, the subject performed the STS maneuver 4 to 8 times. Subjects were given time to rest, as needed, between trials and conditions.

### **Predictions**

- 1) Subjects will load more on their stronger leg when rising from the chair in all conditions.  
However, there would be less preferential loading when the chair is high than when the chair is low.
- 2) For the two "ARMREST" conditions, we predicted delayed loading of the lower extremities, but expected to see similar loading patterns when comparing ARMREST and NO ARMREST conditions for each chair height.
- 3) There will be higher levels of anterior-posterior velocity in the LOW chair without armrests than in the other conditions.
- 4) The time to complete the chair rise would be significantly affected by height with the time to rise from the low chair greater than the time to rise from the high chair.
- 5) The subjects with acute weakness (surgery patients) will use their arms more than the subjects with chronic weakness (polio survivors). This translates to an earlier time of peak arm force and the higher peak vertical arm force for the surgery subjects than for the polio subjects.

### **ANALYSIS AND RESULTS**

Originally, our plan was to study subjects with unilateral hip extensor weakness and those with unilateral knee extensor weakness. Unfortunately, we were only able to recruit two polio subjects with unilateral weakness that was limited to the hip extensors. The majority of polio survivors with unilateral

hip weakness, also had knee weakness on the same side. There was also difficulty in recruiting surgery patients after hip surgery since most of these tended to be emergency cases, and the patients involved often had confounding factors like severe arthritis in both hips which would have excluded them from the study. Therefore, we decided to limit the study to only subjects with unilateral knee weakness.

Of the 15 polio survivors enrolled in the study, two had unilateral hip weakness only. Therefore, their data were not included in any of the analyses. In addition, one polio survivor was unable to perform the task in the two conditions without armrests. Therefore, his data were not included in any analyses. The descriptive characteristics for the remaining 12 polio subjects and the 6 surgery subjects are listed in Table 15. All of the polio subjects (7 males and 5 females) were right-handed. Six of these subjects had left-sided knee extensor weakness and the remaining six subjects had right-sided knee extensor weakness. Among the surgery subjects (3 males and 3 females), five out of six were right-handed. Three surgery subjects had knee surgery on the left side and three had knee surgery on the right side.

Matlab 5.0, Systat 7.0, and Microsoft Excel® software were used for data processing and analysis. Prior to analysis, the leg and arm force data were normalized to percent of body weight. The timings of the peak forces were calculated as a percent of the total cycle time. The beginning of the cycle time was defined as when the subject initiated forward head movement, and the end of the cycle was defined as when the subject reached full standing height. For the purposes of consistency, each subject's "weak side" was defined as the side of the body where the weak knee extensor was located.

Initially, a repeated measures multivariate analysis of variance (MANOVA) was run on each of the force and timing variables, separately for each leg, with condition and trial as the repeating factors and group (polio vs. surgery) as the grouping factor. Since the results showed no evidence of any practice or fatigue effects between trials for any of the force or timing variables, we used the average of each variable across trials in each condition in our remaining analyses.

### **Prediction #1 Analysis:**

A repeated measures multivariate analysis of variance (MANOVA), with LEG (weak vs. strong), HEIGHT (low vs. high), and ARMREST (use of armrests vs. no armrests) as the repeating factors, group (polio vs. surgery) as the grouping factor, and peak vertical leg force as the dependent variable was performed. The results showed a significant main effect of LEG. There were higher peak vertical leg forces under the leg on the strong side than under the leg on the weak side in all conditions, meaning that the kinetic demands for rising out of the chair were shifted from the weak extremity, as predicted. As shown in Figure 9 in Appendix I, although both populations showed evidence of a shift in body weight towards the strong leg, this shift was much more apparent in the polio group than in the surgery group.

In the two conditions where armrests were not used, the difference in the peak vertical forces between legs in each condition were correlated with the strength in the knee extensor on the weak side (Spearman correlation: LNA condition:  $r = -0.596$ ,  $p = 0.009$ ; HNA condition:  $r = -0.587$ ,  $p = 0.010$ ). As the strength in the knee extensor on the weak side increased, the difference in the peak vertical force between legs decreased. None of the correlations for the other strength variables were significant for any of the conditions (all  $p > 0.05$ ).

The results also showed a significant leg by height interaction ( $p = 0.014$ ). For the leg on the weak side, the peak vertical force was greater when the chair was high than when it was low. The opposite was true for the leg on the strong side. There was less of a difference between the peak vertical forces in each leg when the chair was high, which translates to less preferential loading at this chair height, as predicted.

### **Prediction #2 Analysis:**

A similar analysis was run (repeated measures MANOVA as above with same repeating factors) using the time of peak vertical leg force as the dependent variable in order to determine if there was delayed loading of the lower extremities in the two conditions where armrests were used. The results

showed that the main effect of ARMRESTS was highly significant ( $p < 0.001$ ). The time of the peak leg vertical force was later in the ARMREST conditions than in the NO ARMREST conditions, as predicted.

The results of the analysis on peak vertical force (see Prediction #1) also revealed a significant main effect of ARMREST ( $p < 0.001$ ). The peak vertical leg forces were higher in the NO ARMREST conditions than in the ARMREST conditions. As expected, use of the arms to help bear some of the weight while rising from the chair reduced the amount of force applied to the legs. This difference was greater in the leg on the strong side than in the leg on the weak side, which would be expected since the leg on the strong side was bearing the majority of the weight in the NO ARMREST conditions. The HEIGHT by ARMREST interaction was not significant ( $p = 0.361$ ), meaning that this pattern of the peak vertical force in the legs being higher when armrests were not used was similar for both chair heights, as predicted.

### **Prediction #3 Analysis:**

The analysis of the maximum anterior-posterior (A-P) velocity revealed higher levels in the LNA conditions than in the other conditions as predicted. This velocity is produced during forward trunk flexion. It is a measure of the momentum the subject generates to propel his/her body out of the chair. This velocity was calculated by numerically differentiating the position data from an array of markers placed on the trunk. A repeated measures MANOVA was run with chair height (2) and armrest use (2) as the repeating factors and group as the grouping variable. The results showed a significant main effect of HEIGHT ( $p < 0.001$ ). In both ARMREST conditions, the A-P velocity was higher for the lower chair height, as predicted. The same pattern was seen for both surgery and polio subjects.

A correlation analysis was run in order to determine whether any of the strength variables or combinations of these variables were related to the A-P velocity. The results showed that in the LNA condition, velocity was significantly correlated with strength in the hip on the strong side (Spearman:  $r = 0.531$ ,  $p = 0.023$ ). In the HNA condition, strength of the strong hip was also strongly correlated with A-P

velocity (Spearman:  $r = 0.617$ ,  $p = 0.006$ ). In both these conditions, the A-P velocity increased as the strength in the strong hip increased. Within each condition, the A-P velocities were not significantly different between polio and surgery groups, except in the LNA condition. In this condition, the polio group had a significantly higher forward velocity than the surgery group (Mann-Whitney U test statistic = 4.000,  $p = 0.049$ ).

A similar analysis was run on peak vertical or upward velocity. The results showed that this velocity was significantly affected by both chair height (the velocity in the LOW conditions was higher than in the HIGH conditions for both groups) and armrest use (the velocity in the conditions with armrests was lower than in the conditions without armrests). Unlike the peak A-P velocity, which was correlated with strength in the strong hip, peak vertical velocity was correlated with strength in the strong knee (Spearman:  $r = 0.634$ ,  $p = 0.005$ ). Subjects with the more strength in the knee extensor on the strong side had a higher peak velocity than those with weaker knee extensors. There was no significant difference in peak vertical velocity between groups in any of the four conditions.

#### **Prediction #4 Analysis:**

The time to complete the chair rise was defined as the time from when head movement was initiated until the time when the subject reached his/her full standing height. The mean times for each group are summarized in Table 16 in Appendix II. A repeated measures MANOVA with time to complete chair rise as the dependent variable and HEIGHT (2) and ARMREST (2) as the repeating factors was performed, with group (polio vs. surgery) as the grouping factor. The results showed a significant main effect of chair height ( $p = 0.005$ ), with the time to rise in the LOW conditions greater than the time to rise in the HIGH conditions, as predicted. The main effect of group was not significant ( $p = 0.240$ ), although overall, the trend was that polio subjects got up faster than surgery subjects. Knee extensor strength on the strong side was significantly correlated with time to rise (Spearman:  $r = -0.518$ ,

$p = 0.028$ ). This means that within each group, the subjects with stronger knee extensors on their “strong side” got up faster than those who were weaker.

#### **Prediction #5 Analysis:**

If subjects with acute weakness (surgery patients) use their arms more than those with chronic weakness (polio survivors), we would predict that there would be a significant difference in the peak vertical arm force and/or the mean vertical arm force between groups. Unfortunately, due to a malfunction in the load cells that were mounted in the armrests, we did not obtain valid arm force data for three of the surgery patients. Since this left only three surgery subjects with valid arm force data, we were unable to do any statistical between-group comparisons. The mean peak vertical arm forces for each group are summarized in Table 17 in Appendix II. By visual observation, the data do not appear to support our prediction. In fact, the force under the weak arm appears to be nearly equivalent for both groups. On the strong side, it is the polio group that has higher levels of force.

Within the polio group, there was a significant difference between the amount of force applied under each arm, with more force under the arm under the strong side. The results of the repeated measures MANOVA with peak vertical arm force as the dependent variable (arm (weak vs. strong) and height as the repeating factors) showed a significant main effect of arm ( $p = 0.001$ ). Looking at the data for the three surgery subjects with valid arm data, we found that at the lower chair height, two out of three subjects followed a similar pattern as the polio subjects with more force under the strong arm and at the higher chair height, all three surgery subjects had more force under the arm on the strong side than under the arm on the weak side. The main effect of chair height was also significant ( $p = 0.002$ ) with polio subjects loading both arms more in the lower chair height than in the higher chair height.

In terms of strength, within the polio subjects, the peak vertical force under both arms was significantly correlated with the strength of the hip on the strong side in the lower chair height (arm on weak side: Spearman = 0.697,  $p = 0.012$ ; arm on strong side: Spearman = 0.509,  $p =$

In regard to time of peak vertical arm force, we predicted that the peak would occur earlier for the surgery subjects than for the polio subjects. The data in Table 18 in Appendix II appear to support this prediction. Once again, we were unable to do any statistical between-group comparisons because of only having three surgery subjects with valid data. Within the polio group, the results from the repeated measures MANOVA (with arm and height as repeating factors) showed a marginally significant main effect of arms ( $p = 0.065$ ) and a significant main effect of chair height ( $p < 0.001$ ). The peak vertical arm force under the arm on the strong side occurred earlier than on the weak side for both chair heights, and the peak force occurred earlier in the LOW condition compared to the HIGH condition for both arms.

## DISCUSSION

As the results of this study showed, subjects with unilateral knee extensor weakness, both acute and chronic, put more weight on their stronger leg when performing a sit-to-stand task. They also tended to bear more weight on the arm on the strong side, indicating a shift in the body's center of mass towards the unaffected side. This shift was much more significant in the lower chair height than in the high and was more significant in polio subjects than in surgery patients.

There were several strategies that appeared to be employed by the subjects to accomplish this shifting, including simply changing body segments that were used to meet the force demands of the STS task. Often times, this was accomplished by changing the position of one or more body segments, such as foot placement. Other strategies include more judicious use of inertial and momentum parameters, such as using increased forward velocity of the head-arms-trunk (HAT) segment to assist in overcoming demands of STS. The mean A-P or forward velocity was highest in the LNA condition, supporting the assumption that the sit-to-stand task would be more difficult to perform in this condition than in any of the others.

Another strategy used by a number of subjects was pushing off of their thighs or knees when they were not allowed to use the armrests. There were a total of 6 (50%) polio subjects and 1 (16.7%) surgery patients used this method to get out of the lower chair. On average, subject who pushed off were weaker than those who didn't, but not significantly weaker. As expected, the maximum A-P or forward velocity was lower for subjects who pushed off than in those who did not. Another compensation strategy which was utilized was increasing the amount of hip flexion prior to lifting the body off the chair. Subjects leaned forward more when the chair height was lower. This height effect was much more significant in the polio group than in the surgery group.

Overall, the compensation strategies utilized by both the subjects with acute knee extensor weakness (surgery) and the subjects with chronic knee extensor weakness (polio) appeared very similar. The major difference was that these compensation effects were more apparent in the polio population than in the surgery group, especially in the LNA condition (i.e. the most difficult condition). As mentioned earlier, the polio subjects showed a higher degree of asymmetric body weight bearing. This has important implications for the development of overuse symptoms. Habituation of the uneven body weight distribution can lead to overuse problems, particularly in the arm and shoulder on the strong side, as well as in the muscles in the strong leg that are having to work harder to compensate for the weak leg muscles on the other side. However, despite the more asymmetrical loading pattern and the higher degree of weakness, polio survivors on average were able to get out of the chair quicker than the surgery subjects. This would tend to support the hypothesis that polio survivors have a more developed compensation strategy or mix of strategies. Polio survivors have had to deal with the muscle weakness for many years compared to the surgery subjects who have had their knee weakness for a much shorter period of time. These strategies enable the polio survivors to perform the sit-to-stand task more quickly and efficiently than the surgery subjects, despite their higher levels of muscle weakness.

## **STUDY #4: INTERACTION BETWEEN AGE AND SEVERITY OF WEAKNESS IN DETERMINING THE ONSET OF OVERUSE SYMPTOMS IN POST-POLIO SURVIVORS**

### **RATIONALE**

Overuse syndromes can occur abruptly, based on sudden maximal exertion. More commonly, however, they occur over time as overused structures gradually succumb to repetitive forces. Thus, among post-polio survivors, the prevalence of overuse symptoms should increase with age and the age of onset should be inversely related to the severity of weakness. In addition, we predict that polio survivors with symptoms will be weaker than those without symptoms in any given age group.

### **OBJECTIVE**

- 1) to determine if patients with greater weakness develop overuse injuries at a younger age

### **METHOD**

#### **Subjects**

The full cohort of 194 polio subjects as described for study #1.

#### **Procedure**

This study rests on data gathered under the protocols of studies #1 and #2. Specifically, the lower extremity strength, activity and shoulder overuse symptom data from the first Research Clinic visit were reanalyzed focusing on the effect of age.

## ANALYSIS AND RESULTS

We did not have the power to test interactions between age and strength directly due to the relatively low percentage of subjects with each shoulder symptom. Therefore, we analyzed the data by initially dividing the population into three groups of approximately equal size based on age (e.g. young, middle, and old). We then calculated the percentage of subjects with palpation and resistance shoulder symptoms, and the mean bilateral hip extensor and bilateral knee extensor strength for the symptomatic and asymptomatic subjects in each group (Table 19 in Appendix II). The highest percentage of palpation and resistance symptoms was in Group 2 (the middle-age group). In terms of hip extensor and knee extensor strength, the mean strength of the symptomatic subjects was less than the mean strength of the asymptomatic subjects in all three groups, as predicted. However, the differences were significant for palpation symptoms only in Groups 2 and 3.

A similar analysis was also done by first dividing the population into three groups based on bilateral hip extensor strength, bilateral knee extensor strength, or overall leg extensor strength (equal to combination of both strength of both hip extensors and both knee extensors). We then compared the mean age for subjects with symptoms versus those without.

The results are summarized in Tables 20-22 in Appendix II. There was no significant difference between the age of the symptomatic and asymptomatic subjects for any of the groups for any of the strengths. If anything, the trend for any given group, was for the mean age of the symptomatic subjects to be less than the mean age of the asymptomatic subjects.

In terms of shoulder symptoms, the proportion of subjects with palpation symptoms decreased as strength increased. However, for resistance symptoms, the group with mid-range strength (Group 2) was the one that consistently had the highest proportion of subjects with symptoms.

## DISCUSSION

Based on the *apriori* hypothesis that the prevalence of overuse symptoms would increase with age, we expected that the group that included the oldest subjects (Group 3) would have the highest percentage of symptoms. However, this was not the case. In fact, the results showed that this group actually had the lowest percentage of both palpation and resistance symptoms compared to the other two groups. Instead, the highest percentage of symptoms was seen in Group 2 or the middle-age group. A similar analysis using the number of years since the original polio infection instead of age gave similar results with the lowest percentage of both palpation and resistance symptoms in the group with the longest duration of time since polio.

In terms of strength, the results did show that symptomatic subjects were weaker than asymptomatic subjects for both bilateral hip extensor and bilateral knee extensor strength. The strength differences were larger for the palpation symptom groups than for the resistance symptom groups.

If age was inversely related to the severity of weakness, we would expect that younger symptomatic subjects would be weaker than older symptomatic subjects. However, a comparison of the strength of the symptomatic subjects across age groups revealed that strength decreased as age increased (i.e. older symptomatic subjects were weaker than the younger ones). Similarly, a comparison of the age of symptomatic subjects across strength groups revealed that the mean age decreased as strength increased.

Overall, our results did not support our original hypothesis (i.e. that age and strength would be inversely related in this population). The results do provide some support for the shoulder model developed as part of Study #1, in that they show that subjects who have some degree of lower extremity weakness are more likely to have shoulder symptoms.

## **STUDY #5: DEVELOPMENT OF AGE-RELATED NORMS FOR CHANGES IN STRENGTH AND PREVALENCE OF SUBCLINICAL WEAKNESS AMONG ABLE-BODIED INDIVIDUALS**

### **RATIONALE**

In order to expand the PPS model of overuse syndromes to the able-bodied military and civilian populations, it is necessary to know the changes that occur in strength over the lifespan, and prevalence of subclinical focal weakness in the population at various ages. This would allow estimation of the susceptibility to overuse of individuals at different ages, and would set normative strength ranges in that context.

### **OBJECTIVES**

- 1) to determine a "normal" curve for changes in strength and the changing prevalence of subclinical weakness with age, which may enable identification of individuals at risk for overuse injury at a young age (e.g. military recruits);
- 2) to determine how much variability in strength there is in the population at large

### **METHOD**

#### **Subjects**

A total of 226 able-bodied individuals (113 males and 113 females) were recruited from the community at large. The criteria used in subject selection was as follows:

- 1) no known history of polio or other diseases that might cause muscle weakness  
e.g. stroke, amputation, diabetes, peripheral neuropathy, inflammatory arthritis, muscular dystrophy
- 2) no unstable angina (chest pain due to heart disease that was not controlled by medicine)

- 3) no history of uncontrolled heart failure (heart failure that was not adequately controlled with medicine)
- 4) no severe breathing problems which required supplemental oxygen and could make it unsafe for subject to exert him/herself in a strength test.

### **Procedure**

Each subject was seen once for a standard strength examination using the hand-held dynamometer (see study #1) and a brief screening interview for history of extremity injuries.

### **ANALYSIS AND RESULTS**

Descriptive characteristics of the study population are summarized in Table 23 in Appendix II. The range in age was 18 to 88 years. Utilizing multiple regression procedures, we developed prediction equations for each of the 30 muscle groups based on age, gender and weight (Table 24 in Appendix II).

Percent difference scores were calculated for each muscle group within each subject by taking the predicted strength minus the actual strength and then dividing by the predicted strength. Cutoff values were then determined for a 95% confidence interval. Assuming a two-tailed distribution of the percentage scores and an approximately normal distribution, we calculated the point at which 2.5% of the controls had percentage scores equal to or less than that level. These cutoff points were then used to determine what proportion of polio subjects had abnormal strength values. For example, for shoulder external rotation on the dominant side, an examination of the distribution of percent difference scores for this muscle revealed that only 2.5% of the controls were greater than 36% weaker than expected (i.e. their actual strength was more than 36% less than their predicted strength). We then examined the distribution of the percent difference scores for the same muscle group in the polio population and found that 18.3% were 36% weaker than expected. The same process was followed for all muscle groups. The results are summarized in Table 25 in Appendix II. Overall, we found for all the muscle groups, that the

percentage of polio survivors was much greater than the corresponding percentage (2.5%) in the control population.

We also looked at whether we could reliably predict the strength of the muscle on the dominant side from the known strength of the same muscle on the non-dominant side, and if so, what the range of discrepancies between dominant and non-dominant muscle strength might signify subclinical injury.

The prediction equations are listed in Table 26 in Appendix II. The value for  $r^2$  for the equations ranged from 0.725 to 0.841 indicating that the correlation between symmetrical muscle groups was quite high. These results agree with those published in previous studies that looked at strength in individuals of different body size, age, and sex.<sup>39, 40</sup> We then calculated the difference between the strength on the dominant side and the strength on the non-dominant side for each muscle group. Since the distribution of the strength differences were approximately normally distributed, we calculated the range of differences for each muscle group that would include 95% of the control population (Table 27 in Appendix II) in order to determine what difference levels might signify some type of clinical or subclinical injury.

We also determined what proportion of female controls had lower extremity strength that fell in the range that put female polio survivors at high risk for shoulder symptoms. According to the model developed for palpation symptoms in Study #1, females with bilateral knee extensor strength of less than 79 lb. were at higher risk than those who had strength greater than 79 lb. The control data (females only) was sorted by age and then divided into seven different age categories. The percentage of females with bilateral knee extensor strength less than 79 lb. was calculated (Table 28 in Appendix II). Another factor linked with palpation symptoms in Study 1 was weight. According to the model, subjects who weighed more than 154 lb. were at higher risk than those who weighed less. Therefore, we also calculated the percentage of female controls in each age category that had bilateral knee extensor strength less than 79 lb. and also weighed more than 154 lb. (see Table 28 in Appendix II).

The results for knee strength alone show percentages ranging from 18 to 62.5%. The age groups with the highest percentages were the 18-27 yr. group (53%) and the 68-77 yr. group (62.5%). Since our shoulder model contained both knee strength and weight, these percentages probably represent an overly liberal estimation of the actual number of people at risk for shoulder symptoms. When we looked at weight and knee strength, the range in percentages dropped to 0 to 31%. In this case, the age groups with the highest percentages were the 68-77 yr group (31%), the 58-67 yr. group (17%), and the 18-27 yr. group (16%). However, these percentages most likely represent an overly conservative estimate of the risk of overuse symptoms. Neither percentage value takes into account the possible interaction between knee extensor strength and weight in the development of shoulder overuse symptoms. Further research is needed in order to determine exactly what this relationship is. Further research is also needed to determine what the relationship between lower extremity strength and shoulder symptoms is for males.

## **DISCUSSION**

Our results illustrate the utility of using prediction equations for strength based on control subjects in demonstrating abnormal strength levels in the polio population. Using these equations, which were based on data from healthy adults, we were able to determine the percentage of polio subjects whose strength fell outside the 95% confidence interval. We found that the percentage of polio survivors with abnormal levels of strength tended to be higher in the lower extremity muscle groups than in the upper extremity muscle groups. In fact, weakness of the lower extremities is a common complaint of polio survivors. We also found that for nearly all the muscle groups studies, the percentage of polio survivors with abnormally low strength was higher on the non-dominant side than on the dominant side (only exception was shoulder extension where the percentages were approximately equal). This result may be linked to how the issue of dominance was established in polio survivors. Since the majority of our subjects were infected with the polio virus as babies, their dominant side may have been determined more by which arm or leg was less affected by the polio virus as opposed to which one they would have

naturally gravitated towards had they not been affected by polio. As they grew up, they would be more likely to rely on their "strong side". Therefore, we would expect to see higher percentages of subjects with abnormally low strength on the "non-dominant" side.

We also determined the range of common strength differences between the dominant and non-dominant sides for each muscle group which could be used to screen for people who may be at high risk for overuse. If an individual has a strength difference that does not fall within the range listed for a particular muscle group, this person has a level of asymmetry that is uncommon. We would expect that these people have a history of fractures or some type of injury or disease that resulted in this asymmetry of strength. Theoretically, this person would be at higher risk for developing overuse problems than someone without a significant level of asymmetry in strength. Therefore, before this person enters into any type of physically demanding training program, they may need to have some type of rehabilitative treatment (e.g. an individualized exercise program that would focus on the area of asymmetry).

## **STUDY #6: A COMPARISON OF EXERCISE AND LIFESTYLE MODIFICATION, ALONE, AND IN COMBINATION, ON THE RESOLUTION OF OVERUSE SYMPTOMS IN A POST-POLIO POPULATION**

### **RATIONALE**

If it is the case that focal weakness predisposes to overuse syndromes, then resolution of those syndromes should be facilitated by either strengthening the relevant muscle groups or altering the behavioral patterns leading to overuse.

Using the prediction models from the cross-sectional study (#1), we identified three possible scenarios for subject selection. Each scenario specified one or more muscle groups which we would

focus on and the corresponding overuse symptoms. Scenario #1 involved weakness in the hip and knee extensors. According to the prediction model, individuals with weakness in these muscles will tend to use their arms more in order to compensate (especially when rising from a seated position). Therefore, we would expect to see an increased number of overuse symptoms in the shoulder. Scenario #2 focused on ankle plantar flexor weakness. People with weak calf muscles will tend to use their quadriceps or knee muscles more to compensate. Therefore, we would expect to see overuse symptoms in the knee. Finally, scenario #3 focused on hip abductor weakness. People with weak hip abductors are prone to developing hip tendinitis.

Originally, we decided that subjects who fell under any one of these scenarios would qualify for this study. However, due to the small number of subjects who qualified under two of the three scenarios, we decided to focus our analysis on scenario #1. Therefore, in this treatment study, we focused on subjects who had shoulder symptoms. The objective was to see if an exercise program, which focused on the hip extensor and/or knee extensor muscles, or a lifestyle modification program, which focused on how to avoid overusing the shoulders, would reduce the number and/or the severity of the shoulder symptoms.

## **OBJECTIVE**

1) to determine the efficacy of strengthening exercises and/or lifestyle modification on resolution of shoulder overuse symptoms and prevention of new overuse symptoms.

## **METHOD**

### **Subjects**

A subset of 29 polio survivors enrolled in the cross-sectional study (#1), who had symptoms of overuse in their shoulder(s) possibly related to the weakness in their leg extensor muscles were recruited for this study. To be eligible, the strength in their affected muscles had to be grade 3 or better to allow

for effective strengthening. Six of these subjects did not complete the study due to job changes or personal problems (e.g. illness involving the himself or family member).

### **Procedure**

The subjects were randomly assigned to one of three treatment groups. Group 1 was placed on a modified exercise program which focused on the hip extensor and/or knee extensor muscle groups. Group 2 was carefully instructed in lifestyle modification techniques to avoid overuse related to their lower extremity weakness. Group 3 received both treatment interventions.

Subjects were identified based on the data collected in study #1 and enrolled following informed consent. At their initial visit after randomization, each subject underwent a symptom assessment designed to quantify the severity of their shoulder symptoms. During this assessment, subjects performed three different motions which simulated motions needed for common everyday tasks. First, they were asked to place their hand on their head (a motion required to put on a hat or use a blow dryer). Next, they were asked to put their hand on their lower spine (a motion needed to tuck in a shirt). Finally, they were asked to put their hand in the air with the shoulder abducted 90° and the elbow flexed 90° (a position often used when waving to another person). Each subject performed the three motions with the one hand and then repeated them with the other. If a subject experienced any shoulder pain while performing one of these motions, they were asked to rate the severity of the pain on a visual analog scale (similar to one used for study #1).

After all the motion testing was completed, the examiner performed a series of resistance tests. For the first test, the subject held an arm straight out at his/her side with the palm down. The examiner attempted to push the arm down while the subject resisted. A similar test was performed with the arm out straight in front. The last two tests were performed with the shoulder in neutral and the elbow flexed 90°. While the arm was in this position, the examiner attempted to internally rotate (push lower arm towards abdomen) or externally rotate (push lower arm out) while the subject resisted. Each of these

tests were performed on both arms. Once again, if shoulder pain was experienced during any one of the tests, the subject rated the severity on a visual analog scale.

Depending on their assigned treatment group, subjects were then instructed in a home exercise program, a lifestyle modification program, or both. Although the specific exercises and lifestyle modifications were individually tailored, the principles of prescription were standardized across subjects. Instruction included an educational videotape, individual consultation with a physical therapist, and printed material to take home. Each subject also received a 10 day supply of either acetaminaphen or ibuprophen. Subjects who were given an exercise program were given a log to fill out. Information in the log included days when exercises were performed and the number of sets and repetitions completed. Subjects were also asked to note if they experienced any discomfort or pain while performing the exercises. Subjects who did experience problems with the exercise program were told to call the Research Clinic and had their exercise programs modified as necessary.

Patients were seen in the Research Clinic on a monthly basis over a 3-4 month period (or a total of 4 visits). At each visit, subjects underwent a strength assessment (hip extensors and knee extensors only), a shoulder symptom assessment, an interview regarding compliance with the prescribed regimen, and a "booster" educational session.

## **ANALYSIS AND RESULTS**

Response to treatment or degree of symptom resolution was quantified in terms of change in the mean number of shoulder symptoms and change in the mean severity of the shoulder symptoms. For each subject, we used the sum of the severity scores from all the symptom tests as their overall severity score.

Our analysis showed that there was a decrease in the mean number and mean severity of shoulder symptoms at visit 4 compared to visit 1 in all treatment groups as illustrated in Figures 10 and

11. The improvement was the most significant for the exercise only group (Group 1), followed by the combined treatment group (Group 3).

An analysis of covariance was performed for both number of symptoms and severity level with the final value as the dependent variable, the initial value as the covariate, and treatment group as a factor. The analysis was done using raw and ranked data. In all analyses, the initial value was highly significant ( $p$ -value  $< 0.001$ ). The treatment group factor was not significant for number of symptoms. However, for severity level, the treatment group factor was significant with the raw data ( $p$ -value = 0.017) and marginally significant with the ranked data ( $p$ -value = 0.058). Post-hoc analysis on the severity data showed a significant difference between treatment groups 1 and 3 ( $p$ -value = 0.005) and no significant difference between groups 1 and 2 ( $p$ -value = 0.096) or groups 2 and 3 ( $p$ -value = 0.180).

Comparison of the before and after treatment values for hip extensor, knee extensor and combined hip and knee extensor strength showed no significant change ( $p > 0.05$ ) in any of the strength measures for any of the treatment groups.

## DISCUSSION

The results of this study show that the mean number and severity of shoulder symptoms decreased for all three treatment groups, with the largest difference in before and after treatment values seen in the exercise-only group. Compliance was believed to be an issue in the difference between this group and the combined treatment group.

Surprisingly, our results also indicated that, despite a significant improvement in the number and severity of shoulder symptoms, there was no significant change ( $p > 0.05$ ) in mean isometric knee extensor or mean isometric hip extensor strength for any of the groups when we compared pre- and post-treatment values. One possible explanation is that the exercises were not of high enough intensity to induce a change in strength. However, they may have been sufficient to induce a change in endurance level. Unfortunately, our protocol did not include a test for change in endurance level. We did see a

significant increase in the number of repetitions performed at the beginning of the treatment program compared to the end for both the exercise-only and the combined treatment group, which would tend to support the theory of a change in endurance. This difference was larger in the exercise-only group, which was also the group that showed the largest degree of symptom resolution.

## **STUDY #7: EFFICACY OF ORTHOTIC INTERVENTION IN ALTERING PATTERNS OF MUSCLE USE AND IN RELIEVING SYMPTOMS OF PLANTAR FASCIITIS IN PATIENTS WITH AND WITHOUT POST-POLIO SYNDROME**

### **RATIONALE**

Plantar fasciitis is common to both polio survivors and military recruits and, in many instances is believed to result from biomechanical factors. An orthosis which alters the pattern of muscle use in the lower extremity should, therefore, hasten resolution of symptoms in both groups. Although ankle-foot orthoses (AFOs) can alter forces and muscle activity in polio survivors with significant muscle weakness, molded shoe inserts, which could be used feasibly in the military or civilian populations, can have a similar effect on plantar fasciitis in individuals with milder weakness.

### **OBJECTIVES**

- 1) to determine the effect of short leg braces or shoe inserts on the pattern of muscle use in subjects with plantar fasciitis and on resolution of symptoms.
- 2) to determine if the orthotically-induced change in muscle use is predictive of resolution of overuse symptoms over a one-month period.

## **METHOD**

### **Subjects**

Ten polio survivors with plantar fasciitis were recruited from the longitudinal study (#2), and 18 subjects with plantar fasciitis were recruited from the orthopedic practices of AEMC. One polio subject dropped out of the study after the second visit due to personal reasons. The criteria for subject selection was as follows:

- 1) had symptoms commonly associated with plantar fasciitis (heel pain and plantar fascia tenderness)
- 2) did not already wear a leg brace or shoe insert on the affected foot or have a foot that lacked feeling
- 3) did not have any major disability which might affect the use of his/her muscles  
e.g. stroke, amputation, diabetes, peripheral neuropathy, inflammatory arthritis,  
muscular dystrophy
- 4) able to walk unassisted.

### **Procedure**

Participation in this study required four visits. At the first visit, a mold was taken for a custom orthosis (shoe insert for controls; AFO for polio survivors) and severity of symptoms of plantar fasciitis was rated on a visual analog scale. Shoe inserts were prescribed in two different sizes (one had a 3/8" heel lift and the other had a 1/4" heel lift) and were randomly distributed to the control subjects. Two brace or AFO prescriptions, which varied by the degree of dorsiflexion allowed (either 0° or 5°), were randomly distributed to the polio subjects.

At the second visit, which was approximately 1-2 weeks after the first visit, the orthosis was fitted and the subject was told to wear it for 5-7 days to become accustomed to it. Subjects were also told to place a pillow under their bed covers while they were sleeping so their foot would not point down

during the night , and to ice or heat the bottom of the affected foot twice a day for 10 minutes. They were also given a stretching exercise designed to stretch the Achilles tendon (heel cord) and told to perform the exercise as instructed twice a day. At the end of the 5-7 day period, the subject returned for a gait evaluation.

The gait evaluation was performed with and without the orthosis in random order and consisted of kinetic, kinematic, and dynamic electromyographic (EMG) data of 6 leg muscles. Bipolar surface EMG electrodes were affixed with double-sided adhesive after cleaning and abrading the skin. Surface EMG data was collected from the rectus femoris, vastus medialis and lateralis, tibialis anterior, soleus, and biceps femoris (long head), Bilateral heel and toe switch data were also recorded for stride identification. Walking speed was recorded, but not regulated. Subjects were asked to try to maintain their normal walking speed for all trials. Average walking speed was measured with a string tachometer. Ground reaction forces and moments were recorded with two AMTI forceplates mounted flush with the walkway surface.

Knee and ankle kinematic values were recorded using a three-camera Selspot optoelectronic motion analysis setup. Markers were placed on the lateral aspect of the affected limb (two markers on shoe to define foot vector, one marker midway between the lateral border of the patella and fibular head, and another along the line of the femur), on the unaffected limb, and on the pelvis. Footswitch, EMG, and kinematic marker lead wires were bundled on the subject's back and then run to an overhead trolley which moved along with the subject as he/she walked.

EMG and footswitch data was collected at 500 Hz., while tachometer and kinematic data was sampled at 125 Hz. Subjects were asked to walk 20-30 times as normally as possible along a walkway which was 30 ft. long.

As completion of the gait evaluation, the subjects were asked to continue to wear the orthosis whenever they were up on their feet. They returned 4-6 weeks later for a re-evaluation of their symptoms on a visual analog scale.

## Predictions

Prior to beginning this study, we predicted that the use of the orthotic (brace or shoe insert) would result in decreased effort of the gastrocnemius or reduced plantar flexor activity and amount of pull (illustrated by a decrease in EMG activity or area under the curve for the soleus and/or change in time of onset/offset time). We predicted that the degree of EMG reduction would be predictive of symptom resolution. In addition, in terms of the kinematic data, we predicted that the use of the orthotic would result in an increase in the plantar flexion moment at the ankle, which would be illustrated by less dorsiflexion at the ankle, and decreased activation of the knee extensor, which would be illustrated by a decrease in rectus femoris activation during the stance phase and an increase in the extensor moment for the knee. These changes would be more significant for the brace with more limited dorsiflexion ( $0^\circ$ ) and the higher insert ( $3/8''$ ).

## ANALYSIS AND RESULTS

A within-subjects comparison of the pre- and post-treatment severity ratings showed a significant difference for both braces (Wilcoxon p-value = 0.008) and inserts (Wilcoxon p-value = 0.001). Among the 9 subjects who received braces, all showed a reduction in symptom severity after wearing their brace for 7-9 weeks. Among the 18 subjects who received inserts, 17 showed an improvement in symptom severity after wearing their insert for 7-9 weeks.

An analysis of covariance with the final severity rating as the dependent variable, the initial severity as the covariate, and prescription as the grouping factor showed no significant difference between prescriptions for either braces or inserts. The analysis was repeated using ranked data, and the results were the same. The difference in prescriptions did not affect the degree of symptom resolution.

A repeated measures analysis with initial and final severity as the repeated measures and prescription as the grouping factor revealed a significant time effect for both braces and inserts.

However, effect of the different prescriptions were not significantly different and neither was the interaction between time and prescription for braces or inserts.

An analysis of the overall area under the curve for the EMG activity from an entire stride (full gait cycle) comparing the condition with the orthotic versus without the orthotic showed no significant differences for either braces or inserts for any of the muscles involved (rectus femoris, vastus medialis and lateralis, tibialis anterior, soleus, and biceps femoris).

The muscle group where we predicted we would see the most change due to the presence or absence of the orthotic was the soleus muscle. In order to determine if there were any changes in soleus activity related to different phases of the gait cycle, the area under the curve was divided into 5% intervals. We focused our analysis on two specific intervals where the soleus was most active: 15-45% which corresponded to the eccentric phase of contraction (early to mid stance) and 50-60% which corresponded to the concentric phase of contraction (mid to late stance).

The results of comparisons between the condition with the orthotic and without the orthotic for both intervals revealed a significant difference between conditions for the insert group only in the 50-60% interval (Wilcoxon p-value = 0.019). Within this interval, 15 out of 18 subjects had greater soleus activity with the orthotic compared to without. To confirm these results, a bootstrap resampling simulation was run comparing the area under the curve for both intervals between the condition with the orthotic and without. The results of this analysis showed a significant difference for the 50-60% interval at the 0.025 level for inserts only. All other comparisons showed no significant differences.

We had predicted that the change in EMG activity would be predictive of the degree of symptom resolution. A Spearman correlation analysis showed that there was no significant correlation between change in area under the curve (50-60% interval) and change in symptom severity.

A multiple regression analysis was performed using the area under the curve for the soleus muscle (50-60% interval) without the orthotic and initial severity rating to predict the final severity rating. The results showed that the area under the curve for the 50-60% interval was a highly significant

predictor (p-value = 0.008) for inserts only. However, when the analysis was repeated using percent change in area for the soleus (50-60% interval), none of the variables were significant.

Analysis of the moment data for the subject with inserts showed a decrease in the peak ankle dorsiflexion moment when the insert was worn compared to when it was not, as predicted. This change occurred on both the side with the insert and the side without the insert. However, in both cases, the moment decrease was only marginally significant (insert side: Wilcoxon p-value = 0.088; side without insert: Wilcoxon p-value = 0.090). No significant changes were seen for the peak knee flexion moment for either side. We had predicted an increase in the knee extensor moment or a decrease in the knee flexor moment with the insert. However, our results showed no consistent changes in this variable.

We also looked at the timing of the peak moment at the ankle and knee. On both sides, the results showed a small difference in timing between the condition when the insert was worn and when it was not. On the side without the insert, the peak ankle dorsiflexion and knee flexion moments occurred earlier when in the condition when the insert was worn, and on the side with the insert, the opposite effect was observed with the peak moments occurring later in the cycle in the same condition. However, these timing differences represented less than 1% of the cycle. Further research is needed with larger sample sizes in order to ascertain the significance of this finding.

## DISCUSSION

Our original hypothesis predicted a decrease in EMG activity, particularly in the soleus, with the use of the orthotic that would correlate with a reduction in symptom severity. Our results did not supported this hypothesis. Instead, we found a significant increase in soleus activity during the concentric phase of contraction or during the mid to late stance phase of the gait cycle when the orthotic was worn compared to when the orthotic was not worn. This change in muscle activity was significant for inserts only. We did not see any significant differences in EMG activity or symptom resolution between the two insert prescriptions. Because we saw an increase in soleus activity with the insert, we

speculated that resolution of pain caused a reduction of the compensatory mechanisms associated with plantar fasciitis. The end result was that observed gait became more efficient and "normal".

There was a trend towards decreased plantar flexor activity during the early to mid-stance phase and an increase in plantar flexor activity during mid to late stance phase of the gait cycle. We hypothesized that the reduction in pain allowed subjects to roll over the foot during the weight acceptance and loading phases of gait in a less restricted manner. In other words, there was a decrease in the "avoidance" strategy (i.e. mechanisms to avoid loading or fast application of full weight on the painful foot are decreased). Normally, the plantar flexors restrain tibial rotation in the mid-stance phase, but pain reduction may allow the subjects to "let go" more and let the tibia/fibula roll over the foot in a more natural manner. Similarly, pushoff, which is driven by the plantar flexors, may also be greater now if the foot is less painful. This would correlate with an increase in plantar flexor activity in mid to late stance, as was observed.

It should be noted that while the analysis across all subjects with braces showed no consistent trends, there were significant changes in the muscle activation patterns when data was assessed on an individual basis. Because the subjects who received braces (polio survivors) tended to be weaker than the subjects who received inserts (controls), it is possible that the compensation mechanisms employed by the polio survivors with foot pain were much more complex than those used by the controls. Unfortunately, we were unable to reliably characterize the patterns involved among the polio survivors due to the small sample size.

## **RESEARCH ACCOMPLISHMENTS**

- In terms of shoulder symptoms, we identified two distinct shoulder symptom clusters. These clusters are based on the type of testing used for evaluation (palpation vs. resistance). Palpation-provoked symptoms are related to tendinitis and similar conditions characterized

by tenderness to the touch. Resistance-provoked symptoms are related to impingement problems and other conditions characterized by pain with active movement.

- Identification of risk factors related to development of shoulder overuse symptoms.

Through this research, we were able to determine that there is a strong relationship between lower extremity strength and shoulder symptoms potentially attributable to overuse. This relationship differs between men and women, and depending on which type of shoulder symptoms involved, body weight or age is an important risk factor. This is an important finding since most research on shoulder symptoms focuses on the biomechanics of the shoulder and how the strength of various shoulder muscles and the balance between these muscles relate to shoulder pain. This is the first study to show a link between lower extremity strength and upper extremity overuse.

- In terms of muscle strength in polio survivors, the results of our research indicate a deterioration in strength in the flexor muscles of the lower extremities, including the knee flexor, hip flexor, and ankle dorsiflexor muscle groups. Our results also indicated that the strength of a number of upper extremity muscles is also deteriorating.
- We developed a series of equations for predicting the strength of 30 different muscle groups based on age, gender, and weight. This was done using data from 226 healthy adults, ranging in age from 18 to 88. Using these equations, we were able to determine where polio survivors were most likely to have abnormal strength values. We also determined the 95% confidence intervals for strength asymmetry for muscles in the lower and upper extremities. These confidence intervals may be used to determine whether a person has an unusual level of asymmetry and may, as a result, be at higher risk for overuse problems.
- Our research looked at the effectiveness of two interventions (exercise and lifestyle modification instruction) on the treatment of shoulder overuse symptoms. These interventions were focused on the lower extremities and provided some support for the

validity of the shoulder model developed in the primary study. Both interventions showed potential as therapies that could be used to treat or even prevent these injuries.

- Through a detailed biomechanical analysis of a sit-to-stand task, we were able to quantify factors related to the compensation strategies used by people with unilateral knee extensor weakness. We found that subjects with acute weakness (due to surgery) follow many of the same compensation patterns as those with chronic weakness. However, the strategies used by the polio group were more effective as measured by a smaller average time to rise, despite a lower level of strength.
- The results of this research provide support for the use of orthotics in preventing and/or treating plantar fasciitis (heel pain).

## **REPORTABLE OUTCOMES**

### **Manuscripts and Abstracts:**

Klein MG, Whyte J, Keenan MA, Esquenazi A, Polansky M. The Relationship Between Symptoms of Shoulder Overuse and Lower Extremity Strength in a Post-Polio Population. Poster presentation at the Annual Meeting of the American Congress of Rehabilitation Medicine, Seattle, WA. November 1998.

Esquenazi A, Talaty M, Hirai B, Whyte J, Keenan MA. Efficacy of Orthotic Intervention in Altering Patterns of Muscle Use and in Relieving Symptoms of Plantar Fasciitis in Patients with and without Post-Polio Syndrome. Presented at the 4<sup>th</sup> Annual Meeting of the Gait and Clinical Movement Analysis Society. Dallas, TX. March 1999.

Klein MG, Whyte J, Keenan MA, Esquenazi A, Polansky M. The Relationship Between Lower Extremity Strength and Shoulder Overuse Symptoms: A Model Based on Polio Survivors. (revised manuscript submitted to Archives of Physical Medicine and Rehabilitation, April 1999).

Klein MG, Whyte J, Esquenazi A, Keenan MA, Polansky M. Change in Strength in Polio Survivors (expected submission in July 1999 to Archives of Physical Medicine and Rehabilitation).

### **Invited Professional Presentations:**

Klein MG. Post-Polio Syndrome as a Model for Overuse. Continuum Healthcare, Philadelphia, PA. June 1999.

### **Funding History:**

Klein MG. Development of a Prediction Model for Assessment of Stair-Climbing Ability. Albert Einstein Society. \$24,776. (awarded July 1998).

Klein MG, Costello R. Investigating the Impact of Lower and Upper Extremity Exercise on Shoulder Overuse Symptoms in Polio Survivors. NIDRR, \$449,988, Sept. 1998. (not funded).

### **CONCLUSIONS**

The results of this research have a number of important clinical implications. They are as follows:

- Hand-held dynamometers are effective tools for measuring strength in weaker populations, such as the post-polio population. However, in the stronger (control) population, examiner strength was an important factor. Problems were seen in the larger, stronger muscle groups in the stronger population (healthy, adults with no history of polio). Muscles that were particularly difficult to measure reliably in the control population included the ankle plantar flexors and knee extensors. Further research is needed on the development of a system for mounting the dynamometer which would be simple to use, less expensive than a Cybex or Kin-Com dynamometer, and result in measurements that were less dependent on examiner strength.
- Based on our shoulder model, it appears that individuals with knee weakness are susceptible to shoulder problems. Individuals with knee weakness should avoid getting up and down from a seated position frequently. We recommend these people use higher chairs with armrests. Our results showed that higher chairs have less preferential loading of the lower extremities (i.e. more symmetrical loading). Individuals with even low levels of knee weakness tend to use the arm on the opposite side more, which may cause this shoulder to be at higher risk for development of overuse symptoms. For military recruits in particular, measures of lower extremity isometric strength are needed before loading arms and

shoulders with packs etc. Similarly, individuals with uncommon levels of asymmetry in one or more muscle groups (i.e. those who fall outside the range specified in Study #5) may be at higher risk for overuse symptoms and may, as a result, need some sort of additional rehabilitative treatment (e.g. exercise program that focuses on problem muscle) prior to beginning any strenuous training programs.

- Larger scale studies are needed that examine the effectiveness of therapies designed to treat or prevent shoulder overuse symptoms by either reducing the stress on the shoulders or increasing the strength of the lower extremities. Our results showed that strengthening exercises and lifestyle modification instruction showed potential as intervention options that may be used proactively to prevent these injuries.
- Additional studies are needed on the deterioration of strength in polio survivors. Our results showed evidence of deterioration in strength in the flexor muscles in the lower extremities and in many of the muscles in the upper extremities. Unfortunately, these muscles are not the ones that researchers most often focus on. Instead, most of the research to date has concentrated on the extensor or so-called "weight-bearing" muscles. The assumption is made that since the extensor muscles were one of the muscle groups most often affected by the polio virus, that these muscles are representative of polio-affected muscles throughout the entire body. What is not taken into account is the cumulative effects over time on the muscles that are used to compensate for those muscles left weakened by the polio virus. In fact, our results showed that the weight-bearing muscles showed stable or slightly increasing strength (not significant) over the study interval, while the flexor muscles and upper extremity muscles were the ones that showed signs of deteriorating strength.

Further research is needed in this area involving larger populations for longer periods of time. In addition, exercise programs and other rehabilitation interventions need to

be designed to focus on these compensatory muscles in order to determine whether such treatments can effectively slow or even reverse the deterioration process.

- The results of this research support the preventative use of orthotics to avoid plantar fasciitis. In addition, the results of the biomechanical gait analysis imply that heavy footwear may lead to overuse in the swing phase muscles. Walking and/or running is not an effective exercise for these muscles. Resistance walking (i.e. in water or with a Theraband, etc.) is a more effective way of building strength in these muscles.

In summary, the results of this research underscore the need to consider remote causes of overuse and the importance of full-body assessments when an injury is reported. Symptoms may result from compensatory behavior that is not always obvious. Further research is needed involving other populations with varying levels of lower extremity weakness to determine if our results are generalizable to other groups. Studies are also needed that look at other methods of symptom assessment and better measures of activity level. While additional research is needed, the results of this project support the use of a post-polio population as an appropriate model to evaluate overuse in the general population and have enabled us to gain important information on the compensatory behaviors and strategies used when muscle weakness is present.

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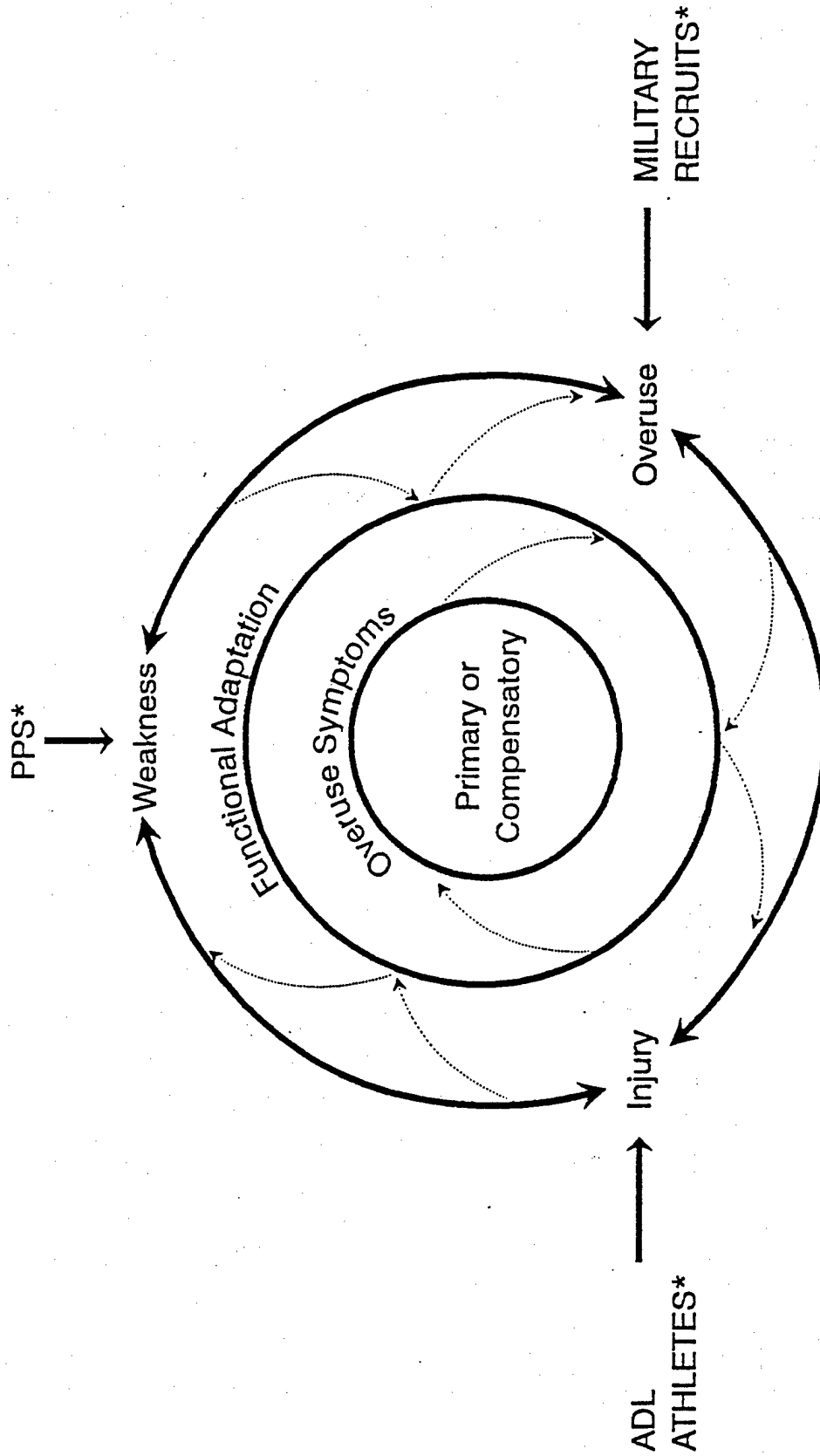
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# APPENDIX I

## FIGURES

Figure 1

# The Weakness-Injury-Overuse Cycle

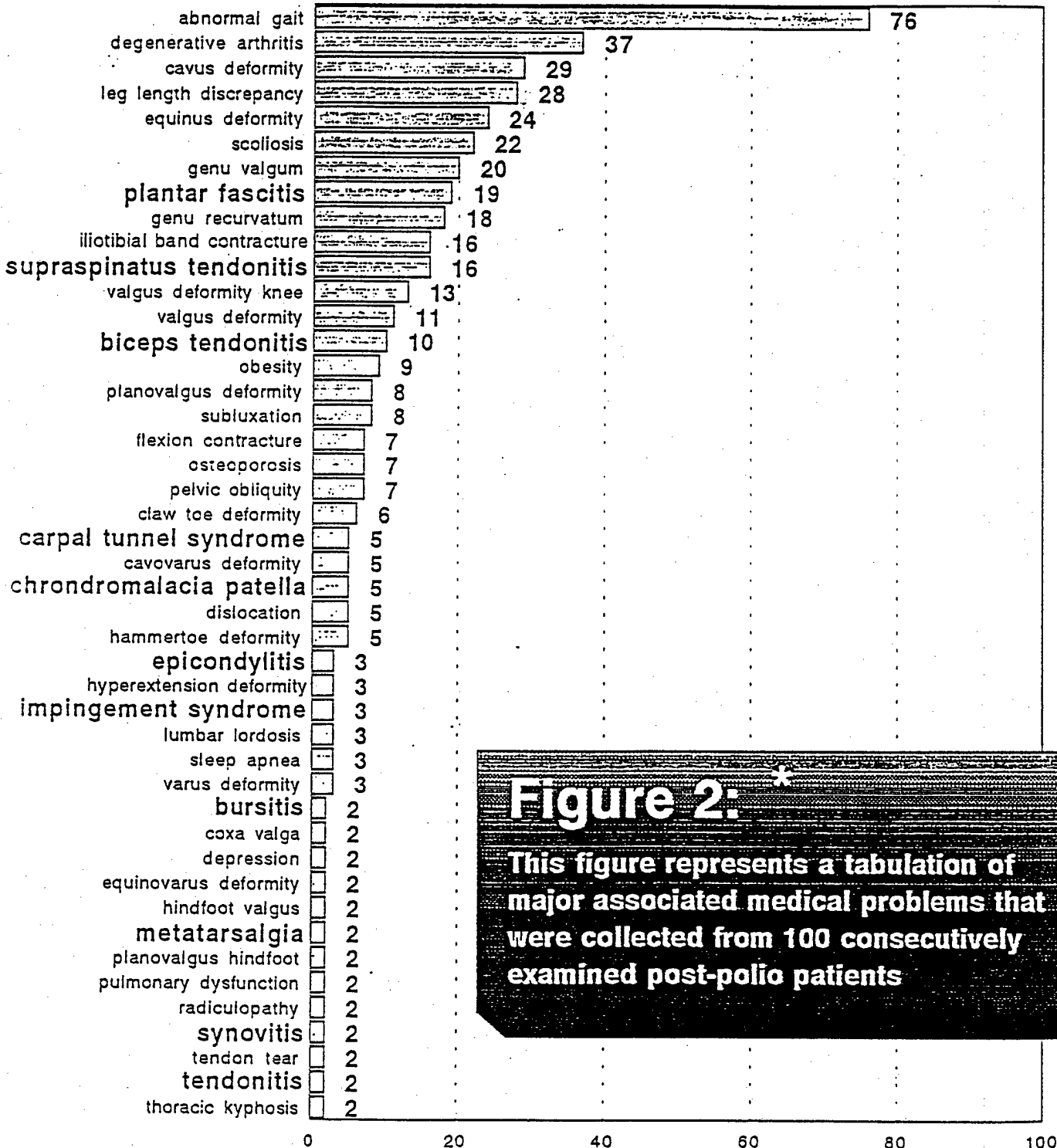


\*Patients may enter or exit the overuse symptom cycle at any location, but each patient type is represented at the most common site of entry

# Post Polio

## Patient Sample Population Survey

### PERCENT



**Figure 2:** \*

This figure represents a tabulation of major associated medical problems that were collected from 100 consecutively examined post-polio patients

\* medical problems in bold text are specifically related to the Overuse Syndrome

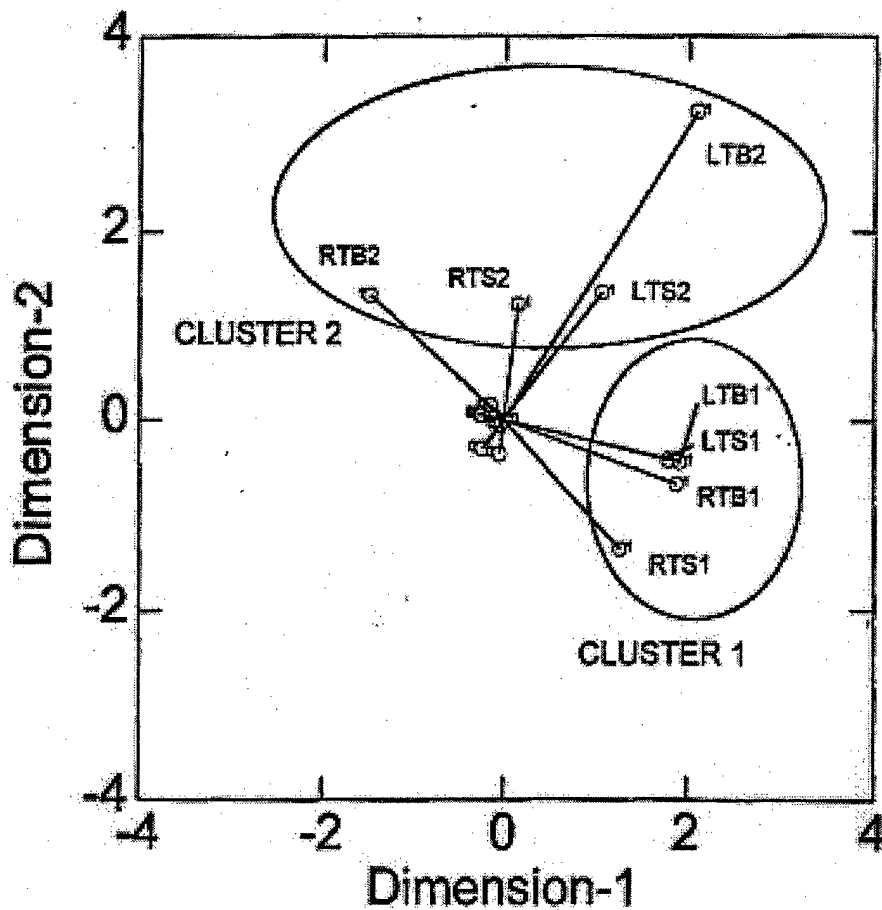


Figure 3. Results of the cluster analysis of shoulder symptoms. Symptoms that co-occur appear closer together in this arbitrary two-dimensional space than those that are unrelated. The presence of a symptom is represented by a "1" and the absence of a symptom is represented by a "0" (grouped near the center). Cluster 1 contains these symptoms: left biceps palpation pain (LTB1), right biceps palpation pain (RTB1), left supraspinatus palpation pain (LTS1) and right supraspinatus palpation pain (RTS1). Cluster 2 contains these symptoms: left supraspinatus (impingement) pain (LTS2), right supraspinatus (impingement) pain (RTS2), left biceps resistance pain (LTB2), and right biceps resistance pain (RTB2).

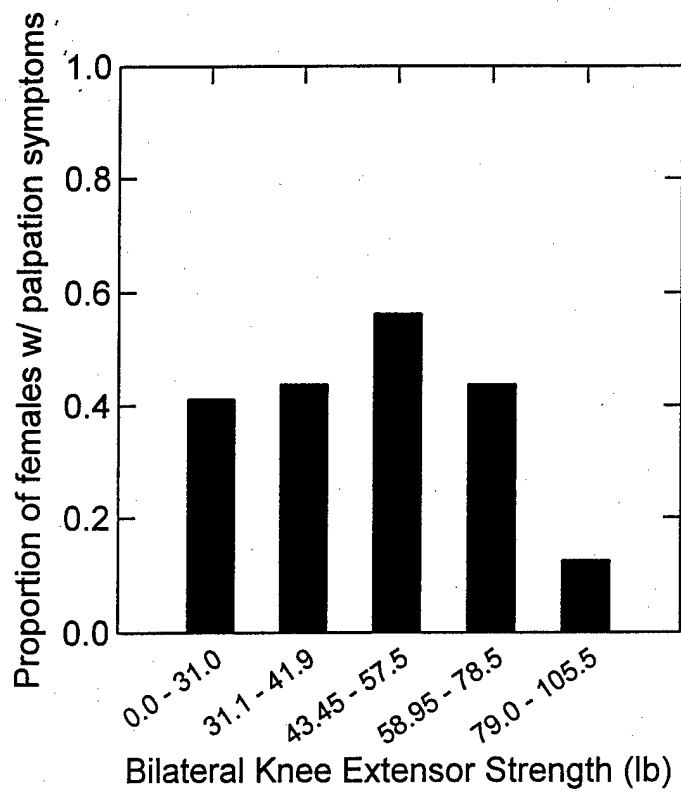


Figure 4. Relationship between knee extensor strength and proportion of females with palpation symptoms

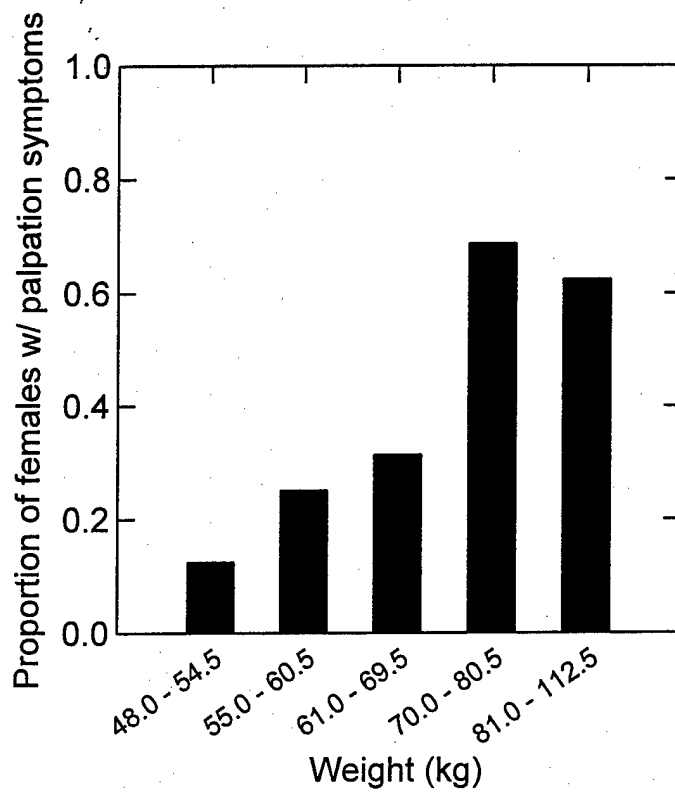


Figure 5. Relationship between weight and proportion of females with palpation symptoms.

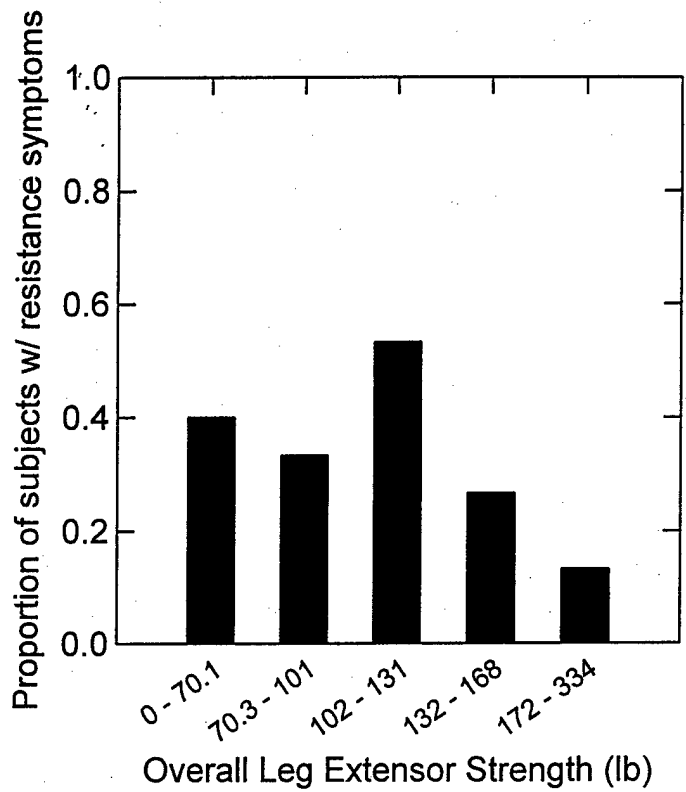


Figure 6. Relationship between overall leg extensor strength and proportion of subjects with resistance symptoms

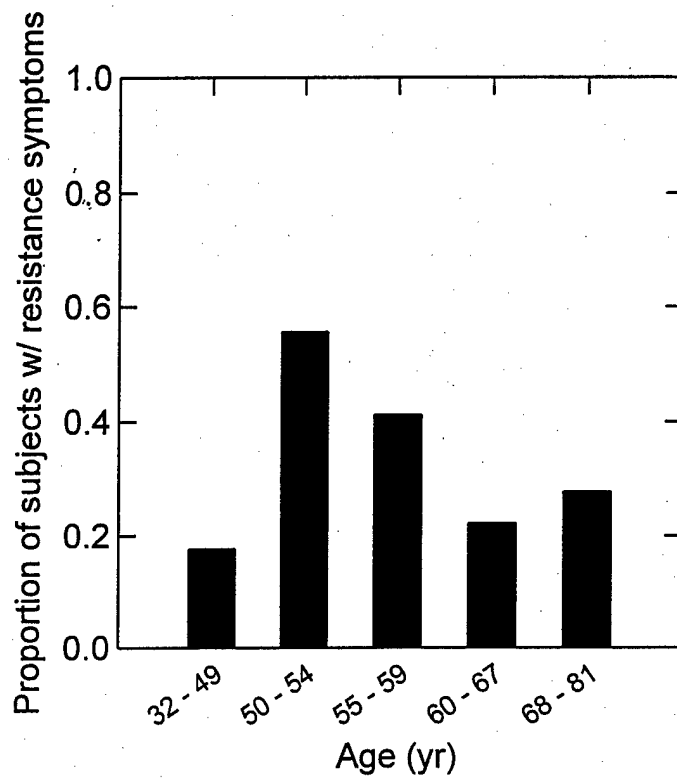


Figure 7. Relationship between age and proportion of subjects with resistance symptoms

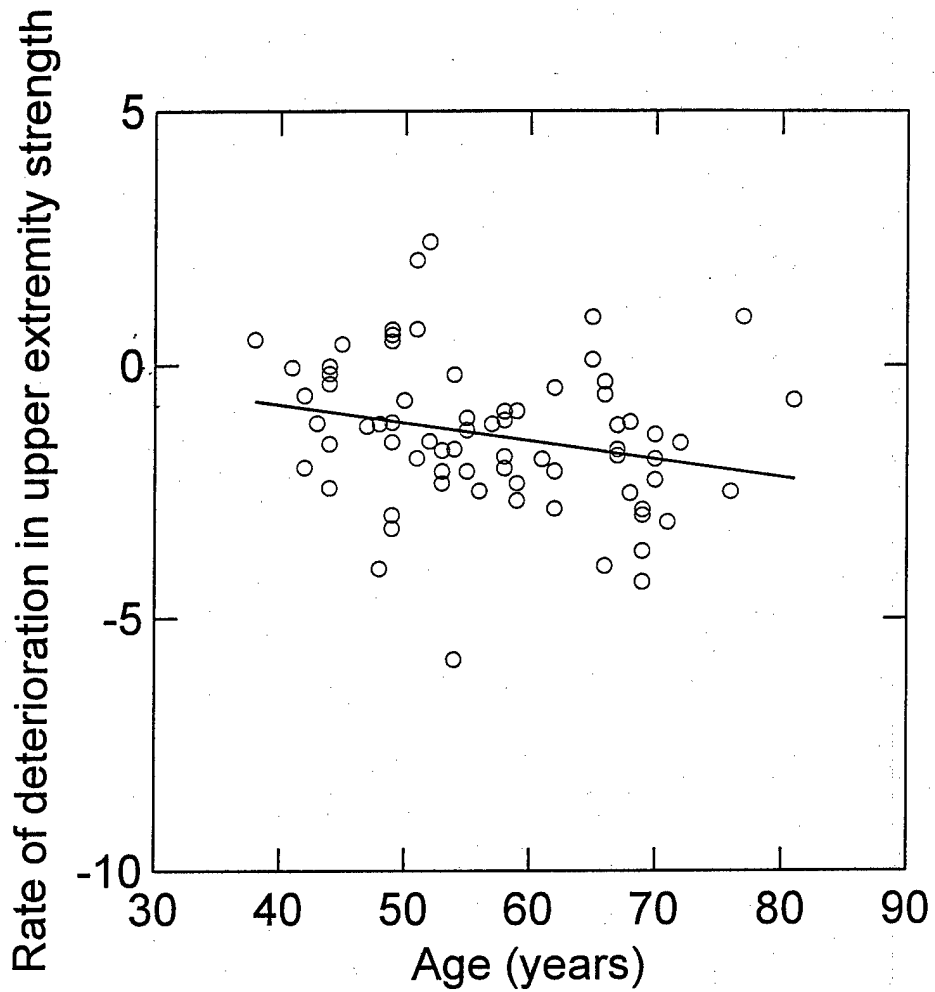


Figure 8. Relationship between age and average slope of deterioration in strength across all upper extremity muscles (units = # of lb. per visit). This translates to a strength loss of roughly 4 lb. per year in polio survivors who are 40-50 years old and approximately 7 lb. per year in those who are 65-80 years old.

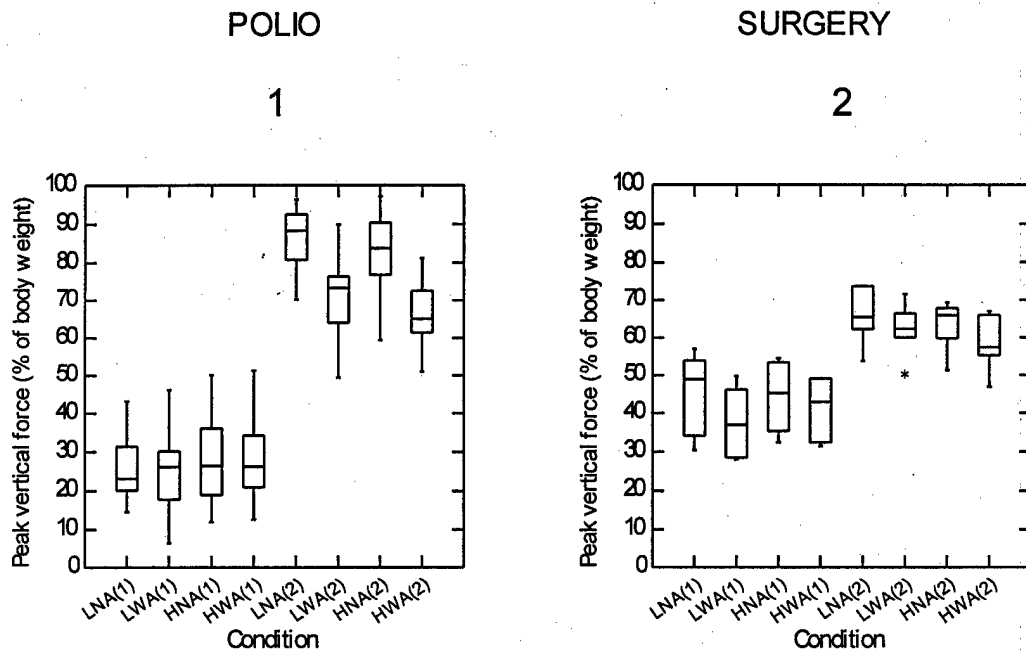


Figure 9. Peak vertical force in each sit-to-stand condition

LNA - low, no armrests  
 LWA - low with armrests  
 HNA - high, no armrests  
 HWA - high with armrests

(1) - weak side  
 (2) - strong side

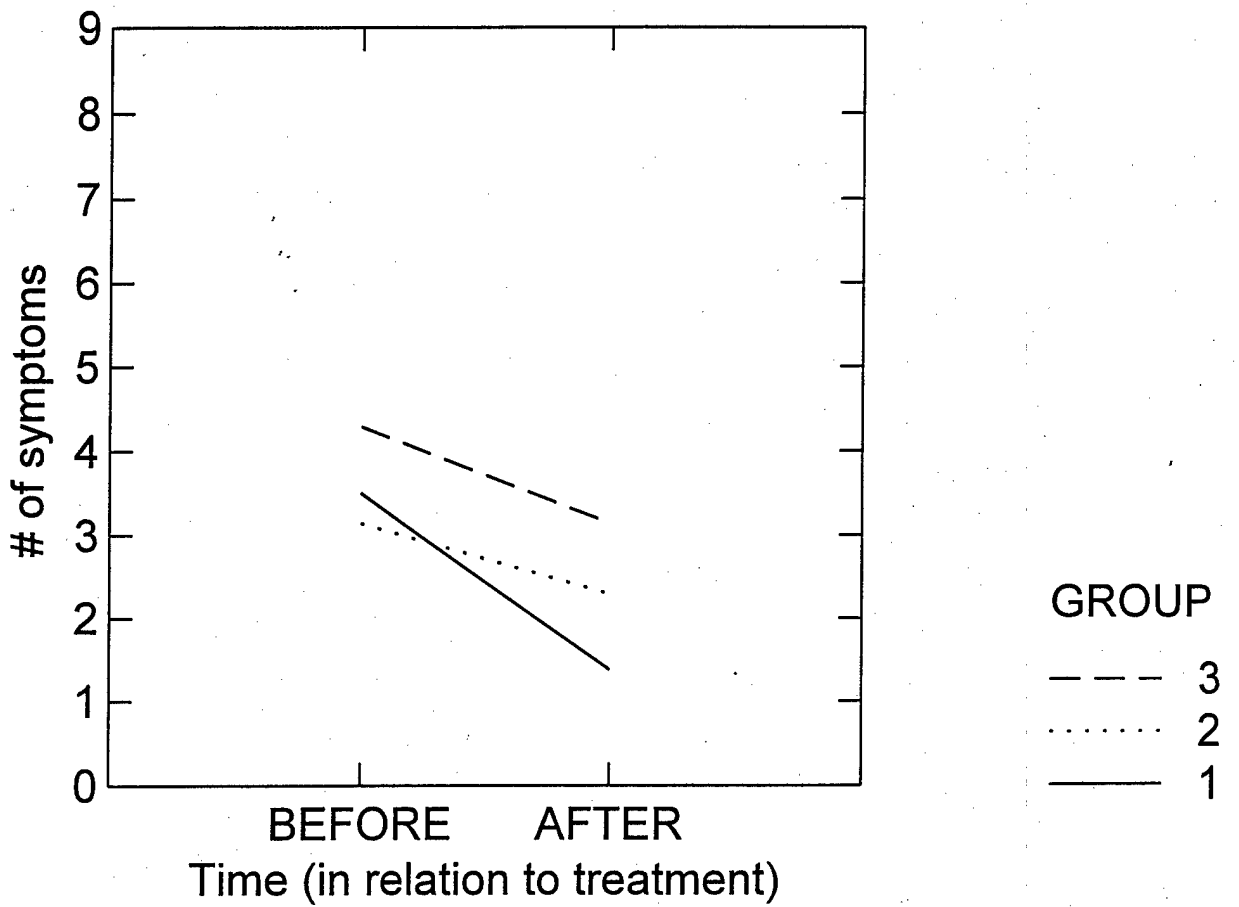


Figure 10. Plot of mean number of symptoms for each group before and after treatment program

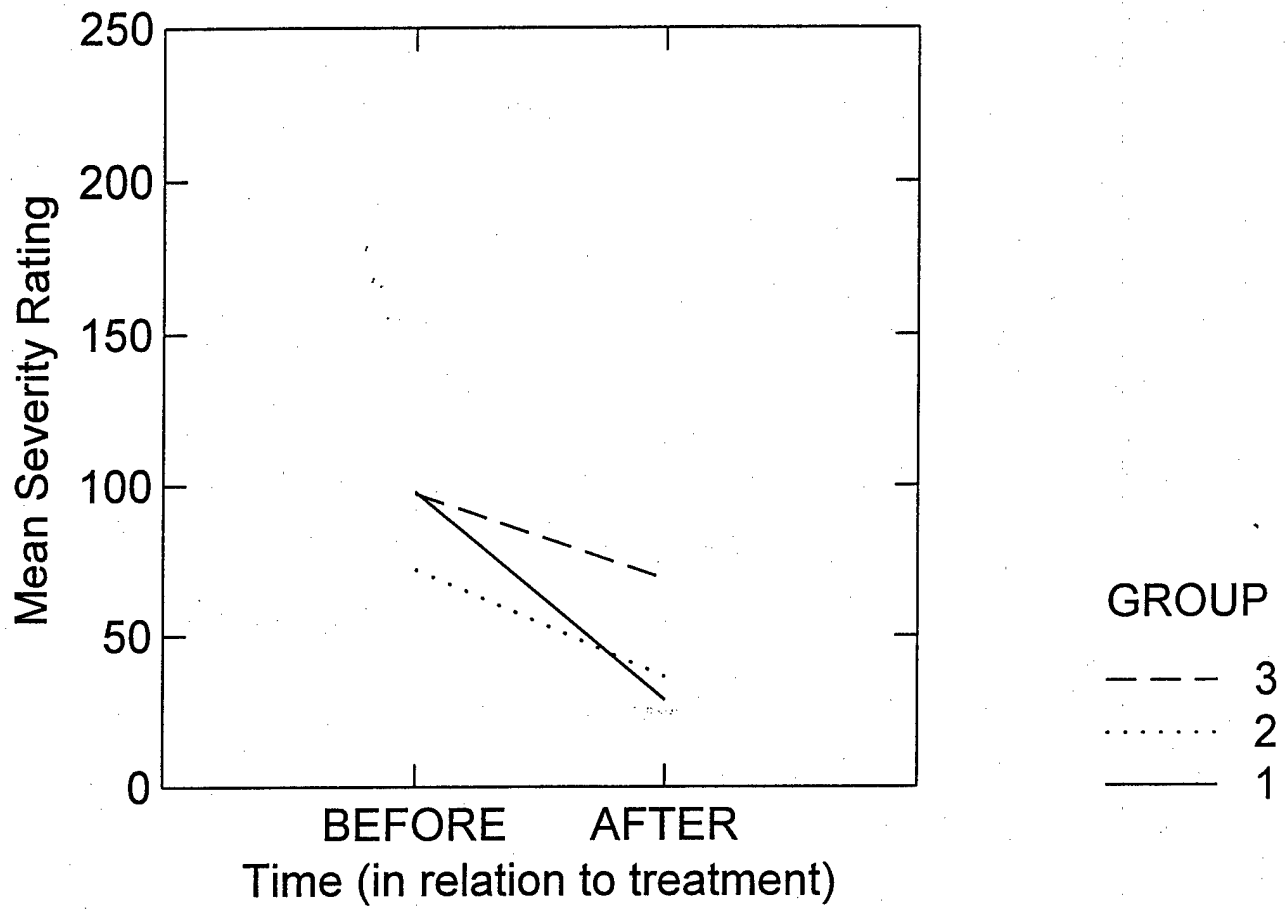


Figure 11. Plot of mean severity rating (from VAS scale) for each group before and after treatment.

## APPENDIX II

### TABLES

Table 1. List of Symptom Tests, Deformities, and Signs

<u>Location</u>	<u>Symptom Tests</u>	<u>Deformities</u>	<u>Signs</u>
Shoulder	Biceps palpation Supraspinatus palpation Supraspinatus test Biceps Test		
Elbow	Lat. epicondyle palpation Med. epicondyle palpation Resisted wrist flexion Resisted wrist extension		
Wrist	Phalens test Tinels test Adson's manuever	Thenar atrophy	Numbness/tingling
Back		Scoliosis Pelvic obliquity	
Hip	Palpation/greater trochanter Resisted abduction		
Knee	Patellofemoral crepitation (with pain)	Knee valgus Iliotibial band contracture	Patellofemoral crepitation (no pain)
Ankle/foot	Plantar fascia tenderness	Cavus Equinus Valgus	

Table 2. Strength Testing Protocol

<u>Muscle Group</u>	<u>Body Position</u>	<u>Position of Limb</u>	<u>HHD Placement</u>	<u>Stabilization Point</u>
Shld. Ext. Rotation	Sitting	Shoulder at neutral; elbow flexed 90°	Just proximal to ulnar styloid	Contralateral shoulder
Shld. Abduction	Supine	Shoulder abducted 90°	Midshaft of humerus	Anterior aspect of shoulder
Shld. Flexion	Sidelying	Shoulder flexed 90°; elbow extended	Midshaft of humerus	Anterior aspect of shoulder
Shld Extension	Sidelying	Shoulder at neutral; elbow flexed 90°	Proximal to olecranon	Anterior aspect of shoulder
Elbow Extension	Sidelying	Shoulder at neutral; elbow flexed 90°	Proximal to ulnar styloid; dorsal surface of forearm	Shoulder
Elbow Flexion	Sidelying	Shoulder at neutral; elbow flexed 90°	Palmar surface of forearm; proximal to wrist	Shoulder
Wrist Flexion	Sitting	Shoulder at neutral; elbow flexed 90°	Dorsal aspect of hand	Forearm
Wrist Extension	Sitting	Shoulder at neutral; elbow flexed 90°	Palmar aspect of hand	Forearm
<hr/>				
Hip Abduction	Supine	Hip abducted to 45°; with contralateral hip neutral	Proximal to superior pole of patella on lateral aspect of thigh	Hip
Hip Flexion	Sidelying*	Hip flexed to 30°; knee flexed 60°	Proximal to superior side of patella	Pelvis
Hip Extension	Sidelying*	Hip neutral; knee Extended	Proximal to popliteal crease	Pelvis
Knee Flexion	Sidelying*	Hip flexed 10°; knee flexed 30°	Proximal to malleoli on posterior aspect of calf	Anterior aspect of femur
Knee Extension	Sidelying*	Knee flexed 45°	Proximal to malleoli on anterior aspect of tibia	Femur
Ankle D. Flexion	Supine	Hip, knee, ankle at 0°	Metatarsals	Tibia
Ankle P. Flexion	Supine	Hip, knee, ankle at 0°	Metatarsal heads	Tibia

\* Leg positioned on raised powder board

Table 3. Reliability Results for Strength Testing

Muscle Group	Dominant	Range (lbs)	Non-dominant	Range (lbs)
Neck Extension	0.581	9.6-44		
Shoulder Flexion	0.933	5.6-37.75	0.810	8.9-37.5
Shoulder Extension	0.714	8.0-52.1	0.745	9.0-83.3
Shoulder Abduction	0.948	5.9-40.0	0.952	6.2-36.5
Shoulder Ext. Rotation	0.868	5.2-23.5	0.848	5.0-23.25
Elbow Flexion	0.894	10.2-51.5	0.851	12.6-52.25
Elbow Extension	0.922	10.3-39.75	0.727	11.3-39.0
Wrist Flexion	0.740	11.2-31.0	0.703	8.2-31.5
Wrist Extension	0.809	6.3-29.0	0.917	5.0-27.5
Hip Flexion	0.683	13.7-69.7	0.779	7.6-71.1
Hip Extension	0.787	4.1-63.2	0.917	0-64.0
Hip Abduction	0.819	10.9-68.5	0.895	0-58.0
Knee Flexion	0.937	9.0-59.5	0.977	0-51.0
Knee Extension	0.943	19.3-83.3	0.965	3.0-84.5
Ankle Dorsiflexion	0.915	2.5-50.5	0.925	0-51.0
Ankle Plantar Flexion	-0.130	26.0-80.0	0.753	0-82.0

Table 4. Symptom Inter-Rater Reliability Results

N=16

Symptom	P <sub>o</sub>
Biceps Palpation	96%
Supraspinatus Palpation	96%
Impingement Test	84%
Biceps Test	91%
Lateral. Epicondyle Palpation	98%
Medial Epicondyle Palpation	94%
Resisted Wrist Flexion	96%
Resisted Wrist Extension	96%
Numbness/Tingling	84%
Phalen's Test	96%
Tinel's Test	100%
Thenar Atrophy	100%
Adson's Manuever	90%
PF Tenderness	96%
Cavus (Foot)	95%
Equinus (Foot)	85%
Valgus (Foot)	91%
Scoliosis	73%
Pelvic Obliquity	95%
Palpation Greater Trochanter	94%
Patella-femoral Crepitation	71%
Knee Valgus	85%
Iliac Tibial Band Contracture	100%

Table 5. Summary of Dynamometer Reliability Results  
 Mean(SD)  
 N=10

Muscle Group	Hand - Held		Dynamometer		Kin- Com	
	Left	Right	Left	Right	Left	Right
Knee Flexion	31.45 (14.29)	26.61 (10.53)	31.91 (16.23)		28.68 (11.26)	
Knee Extension	42.48 (21.27)	38.18 (12.17)	48.00 (18.22)		47.69 (14.80)*	
Elbow Flexion	37.04 (12.86)	36.28 (10.22)	38.30 (13.54)		42.64 (17.70)	
Elbow Extension	27.96 (11.47)	24.57 (8.97)	24.31 (7.98)		24.32 (6.62)	

\*Wilcoxon showed significant differences between groups (p<0.05)

Table 6. Polio Subject Characteristics

Gender	N	Age (yr)	Weight (kg)	Height (cm)
		Mean (SD)	Mean (SD)	Mean (SD)
Males	98	59.14 (10.8)	87.03 (18.8)	175.87 (9.06)
Females	96	56.15 (9.1)	69.24 (14.9)	161.31 (7.37)

Table 7. Symptom Review

<u>Location</u>	<u>Symptom Test</u>	Percentage of Positive Responses Recorded for Polio Survivors	
		<u>Left</u>	<u>Right</u>
Shoulder	Biceps palpation	10	10
	Supraspinatus palpation	9	5
	Supraspinatus test	12	16
	Biceps test	1	1
Elbow	Lat. epicondyle palpation	3	3
	Med. epicondyle palpation	2	6
	Resisted wrist flexion	0.5	2
	Resisted wrist extension	2	2
Wrist	Numbness/tingling/arm/wrist/hand	20	17
	Phalens test	7	4
	Tinels test	2	2
	Thenar atrophy	8	5
	Adson's maneuver	2	2
Ankle/foot	PF tenderness/plantar fascia	10	10
	Cavus	41	40
	Equinus	28	31
	Valgus	15	17
Back	Scoliosis		41
	Pelvic obliquity		23
Hip	Palpation/greater trochanter	6	9
	Resisted abduction	4	3
Knee	PF crepitation (no pain)	39	41
	PF crepitation (pain)	3	3
	Knee valgus	16	20
	ITB contracture	5	5

Table 8. Results of Comparison of Ankle Plantar Flexor Strength in Legs with Patella-Femoral Crepitation (with or without knee pain) and Legs without Knee Symptoms

DOMINANT SIDE

Braces	Quads**	Ankle Plantar Flexor Strength*		Mann-Whitney U p-value
		Symptomatic	Asymptomatic	
No	Strong	N = 54 37.794(16.0)	N = 75 39.001(17.2)	0.563
No	Weak	N = 5 5.500(5.5)	N = 5 34.270(23.4)	0.004
Yes	Strong	N = 9 18.500(14.3)	N = 10 21.230(16.4)	0.744
Yes	Weak	N = 4 1.125(2.3)	N = 6 7.483(13.2)	0.695

NON-DOMINANT SIDE

Braces	Quads**	Ankle Plantar Flexor Strength*		Mann-Whitney U p-value
		Symptomatic	Asymptomatic	
No	Strong	N = 47 38.681(18.5)	N = 60 39.305(15.4)	0.960
No	Weak	N = 3 21.133(8.4)	N = 9 21.056(20.8)	0.432
Yes	Strong	N = 7 9.486(9.4)	N = 14 14.529(13.0)	0.453
Yes	Weak	N = 15 3.947(7.7)	N = 8 5.680(10.4)	0.441

\* - Mean (SD)

\*\* - quadriceps (knee extensor) strength level based on MMT results

Table 9. Results of Comparison of Ankle Plantar Flexor Strength in Legs with Knee Pain and Legs without Knee Pain

DOMINANT SIDE

Braces	Quads**	Ankle Plantar Flexor Strength*		Mann-Whitney U p-value
		Symptomatic	Asymptomatic	
No	Strong	N = 3 30.333(5.1)	N = 126 38.932(16.8)	0.563
No	Weak	N = 0 -	N = 10 21.236(21.4)	-
Yes	Strong	N = 2 20.425(10.8)	N = 17 19.879(15.8)	1.000
Yes	Weak	N = 0 -	N = 10 4.940(10.5)	-

NON-DOMINANT SIDE

Braces	Quads**	Ankle Plantar Flexor Strength*		Mann-Whitney U p-value
		Symptomatic	Asymptomatic	
No	Strong	N = 2 24.900(22.1)	N = 105 39.544(16.6)	0.250
No	Weak	N = 0 -	N = 12 20.062(17.7)	-
Yes	Strong	N = 2 13.800(14.4)	N = 19 12.747(12.1)	0.453
Yes	Weak	N = 1 0.000	N = 22 5.113(8.9)	0.420

\* - Mean (SD)

\*\* - quadriceps (knee extensor) strength level based on MMT results

Table 10. Comparison of Regression Models

Model: KNEES and AGE

Model: HIPS and AGE

Variable*	Males	Females	Variable*	Males	Females
	<b>Odds ratio</b>	<b>Odds ratio</b>		<b>Odds ratio</b>	<b>Odds ratio</b>
KNEES-1	<b>7.269</b>	5.549	HIPS-1	3.995	<b>10.032<sup>†</sup></b>
KNEES-2	<b>3.952</b>	2.235	HIPS-2	2.798	<b>2.860</b>
KNEES-3	<b>22.218<sup>‡</sup></b>	4.838	HIPS-3	3.819	<b>5.793</b>
KNEES-4	<b>2.095</b>	4.870	HIPS-4	1.446	<b>6.406<sup>†</sup></b>
AGE-1	<b>2.154</b>	1.567	AGE-1	0.855	<b>2.845</b>
AGE-2	<b>16.396<sup>‡</sup></b>	3.399	AGE-2	3.979	<b>3.641</b>
AGE-3	<b>11.759<sup>†</sup></b>	0.310	AGE-3	4.050 <sup>†</sup>	<b>0.395</b>
AGE-4	<b>3.732</b>	1.215	AGE-4	1.245	<b>1.863</b>
Sensitivity	<b>0.758</b>	0.449	Sensitivity	0.435	<b>0.441</b>
Specificity	<b>0.507</b>	0.693	Specificity	0.702	<b>0.725</b>

Note: The models which resulted from the stepwise multivariate analysis are in bold.

\* - variables are in quintiles

† -  $p < 0.05$

‡ -  $p < 0.01$

Table 11. Relationship Between Hip Abductor Weakness and Greater Trochanter Tenderness

BETWEEN SUBJECTS

Group	Mean Strength of Hip Abductor Muscles		M-W U p-value
	Painful Hip	Non-Painful Hip	
Ambulators, no devices	N = 14    24.911	N = 114    36.090	0.002
Ambulators w/devices	N = 12    20.050	N = 55    18.905	0.695
Wheelchair users	N = 5    5.330	N = 21    12.674	0.338

WITHIN SUBJECTS

Group	Mean Strength of Hip Abductor Muscles		Wilcoxon p-value	Spearman correlation
	Painful Hip	Non-Painful Hip		
Ambulators, no devices N = 13	26.596	27.000	0.753	0.396
Ambulators w/devices N = 9	19.617	21.211	0.515	- 0.483
Wheelchair users N = 3	3.633	1.833	0.655	- 0.500

Table 12. Characteristics of Subjects in Upper Extremity Group\*

<u>Variable</u>	Male Subjects	Female Subjects
	N = 32 <u>Mean (SD)</u>	N = 39 <u>Mean (SD)</u>
Present age (years)	57.84 (11.7)	56.31 (8.6)
Age (at onset of acute polio, years)	7.15 (6.3)	6.41 (6.5)
Height (cm)	175.40 (7.9)	162.19 (6.4)
Weight (kg)	86.77 (18.4)	70.07 (16.8)
<u>Strength (at initial visit, lb)</u>		
Left Shoulder External Rotator	20.23 (9.4)	15.70 (4.6)
Right Shoulder External Rotator	20.96 (7.8)	16.14 (4.8)
Left Wrist Flexor	23.06 (7.8)	16.50 (4.7)
Right Wrist Flexor	26.67 (6.4)	19.10 (5.0)
Left Wrist Extensor	26.69 (7.0)	17.92 (5.2)
Right Wrist Extensor	26.11 (6.7)	18.19 (5.8)
Left Shoulder Abductor	30.37 (13.1)	19.26 (6.2)
Right Shoulder Abductor	29.39 (13.3)	18.83 (6.6)
Left Shoulder Flexor	34.27 (14.3)	21.89 (5.5)
Right Shoulder Flexor	34.13 (12.0)	21.66 (6.8)
Left Shoulder Extensor	36.38 (13.3)	23.24 (6.0)
Right Shoulder Extensor	34.36 (12.2)	21.75 (6.7)
Left Elbow Extensor	31.50 (15.4)	23.67 (6.3)
Right Elbow Extensor	33.95 (8.6)	23.09 (6.8)
Left Elbow Flexor	44.19 (14.5)	28.53 (7.5)
Right Elbow Flexor	44.55 (12.4)	29.70 (9.3)

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\* Reasons for excluding subjects from upper extremity group: 26 subjects had pain during testing, 17 subjects were missing data for one or more muscle groups, and 6 subjects had initial strength equal to zero in one or more muscle groups.

Table 13. Effect Sizes for Upper Extremity Muscles

<u>Muscle Group</u>	<u>Effect Size</u>
Right Wrist Flexor	1.109
Left Shoulder External Rotator	0.794
Left Elbow Extensor	0.758
Left Shoulder Extensor	0.719
Right Elbow Extensor	0.694
Right Shoulder External Rotator	0.670
Right Shoulder Extensor	0.525
Left Wrist Flexor	0.496
Left Shoulder Abductor	0.455
Right Shoulder Flexor	0.455
Left Wrist Extensor	0.448
Right Elbow Flexor	0.444
Left Elbow Flexor	0.421
Right Shoulder Abduction	0.391
Left Shoulder Flexor	0.310
Right Wrist Extensor	0.222

Table 14. Characteristics of Subjects in Lower Extremity Group\*

<u>Variable</u>	Male Subjects N = 30 <u>Mean (SD)</u>	Female Subjects N = 35 <u>Mean (SD)</u>
Present age (years)	57.93 (10.6)	54.80 (7.3)
Age (at onset of acute polio, years)	7.55 (6.2)	5.91 (6.2)
Height (cm)	177.10 (1.8)	163.14 (6.6)
Weight (kg)	84.17 (17.8)	71.10 (13.8)
<u>Strength (at initial visit, lb)</u>		
Left Hip Flexor	43.21 (13.8)	29.60 (10.3)
Right Hip Flexor	45.07 (13.1)	30.82 (10.2)
Left Hip Extensor	36.40 (11.7)	26.75 (8.9)
Right Hip Extensor	35.79 (11.6)	25.56 (8.4)
Left Hip Abductor	42.00 (13.0)	28.22 (8.6)
Right Hip Abductor	38.57 (12.4)	25.13 (7.7)
Left Knee Flexor	38.80 (16.1)	27.97 (11.5)
Right Knee Flexor	36.67 (13.2)	22.51 (9.7)
Left Knee Extensor	43.20 (20.7)	29.47 (13.1)
Right Knee Extensor	45.09 (18.8)	32.01 (15.5)
Left Ankle Dorsiflexor	32.45 (15.1)	25.40 (10.8)
Right Ankle Dorsiflexor	25.72 (13.6)	21.77 (10.6)
Left Ankle Plantarflexor	42.25 (16.8)	35.17 (14.7)
Right Ankle Plantarflexor	39.10 (19.2)	29.56 (14.2)

\* Reasons for excluding subjects from lower extremity group: 12 subjects had pain during testing, 13 subjects were missing data for one or more muscle groups, and 30 subjects had initial strength equal to zero in one or more muscle groups.

Table 15. Subject Characteristics  
Mean (SD)

Group	N	Age (years)	Weak Hip Strength* (lb.)	Strong Hip Strength (lb.)	Weak Knee Strength (lb.)	Strong Knee Strength (lb.)
Polio	12	51.5 (7.7)	22.9 (9.6)	33.0 (4.8)	8.3** (7.8)	38.8 (13.0)
Surgery	6	48.8 (15.7)	34.5 (18.2)	34.9 (17.0)	43.2 (18.7)	52.8 (16.6)

\* Weak side defined as side with weak knee extensor for both groups

\*\* Significant group difference (Mann-Whitney U test p-value <0.001)

Table 16. Time to Complete Chair Rise  
Mean (SD)

Group	Condition	Total Duration (seconds)
Polio	LNA	1.44 (0.20)
Surgery		1.56 (0.41)
Polio	LWA	1.39 (0.20)
Surgery		1.55 (0.13)
Polio	HNA	1.33 (0.20)
Surgery		1.35 (0.19)
Polio	HWA	1.32 (0.26)
Surgery		1.49 (0.15)

LNA – Low, no armrests  
LWA – Low with armrests  
HNA – High no armrests  
HWA - High with armrests

Table 17. Peak Vertical Arm Force  
Mean (SD)

Group	N	Side	LWA*	HWA*
Polio	12	Weak	22.1 (5.8)	18.9 (5.5)
Surgery	3	Weak	20.6 (3.9)	19.0 (5.6)
Polio	12	Strong	27.3 (5.1)	23.6 (4.7)
Surgery	3	Strong	20.6 (4.5)	19.8 (5.7)

LWA – Low, with armrests  
HWA – High, with armrest

\* Force values expressed as % of body weight

Table 18. Time of Peak Vertical Arm Force  
Mean (SD)

Group	N	Side	LWA (seconds)	HWA (seconds)
Polio	12	Weak	0.90 (0.09)	1.06 (0.17)
Surgery	3	Weak	0.75 (0.07)	0.90 (0.06)
Polio	12	Strong	0.88 (0.08)	1.04 (0.16)
Surgery	3	Strong	0.72 (0.09)	0.90 (0.05)

LWA – Low, with armrests  
HWA – High, with armrests

Table 19. Relationship Between Shoulder Symptoms and Age

Group	N	Age Range (yr)	# of Subjects		Bil. Knee Ext Strength (lb)		Bil. Hip Ext. Strength (lb)	
			w/Palpation Symptoms	w/Resistance Symptoms	Mean(SD)*	Mean(SD)*	Mean(SD)*	Mean(SD)*
1	62	32 - 51	12 (19.35%)	13 (20.97%)	(S) 54.65 (23.6)	(S) 52.35 (22.7)	(S) 54.65 (23.6)	(S) 52.35 (22.7)
					(AS) 63.16 (36.5)	(AS) 58.69 (22.7)	(AS) 63.16 (36.5)	(AS) 58.69 (22.7)
2	67	52 - 61	21 (31.34%)	19 (28.36%)	(S) 53.50 (35.1)**	(S) 42.06 (16.0)	(S) 53.50 (35.1)**	(S) 42.06 (16.0)
					(AS) 72.87 (40.14)	(AS) 59.49 (27.8)	(AS) 72.87 (40.14)	(AS) 59.49 (27.8)
3	65	62 - 81	7 (10.77%)	10 (15.38%)	(S) 29.53 (23.9)**	(S) 34.38 (15.0)	(S) 29.53 (23.9)**	(S) 34.38 (15.0)
					(AS) 61.01 (40.1)	(AS) 51.08 (26.0)	(AS) 61.01 (40.1)	(AS) 51.08 (26.0)
						(S) 56.29 (35.7)	(S) 44.39 (26.4)	
						(AS) 57.82 (41.4)	(AS) 50.94 (25.3)	

\* Strength values calculated separately for the symptomatic (S) and asymptomatic (AS) subjects

\*\* Significant difference (p < 0.05) in strength between the symptomatic and asymptomatic subjects

Table 20. Relationship Between Shoulder Symptoms and Hip Extensor Strength

Group Sorted by Hip Extensor Strength*	<u>N</u>	Hip Extensor Strength Range (lb.)	# of Subjects w/Palpation Symptoms	# of Subjects w/Resistance Symptoms	Age (years)** Mean (SD)
1	60	0 - 43.1	20 (33%)		(S) 57.75 (9.5) (AS) 61.18 (10.75)
2	60	43.2 - 61.5	9 (15%)	18 (30%)	(S) 57.78 (8.41) (AS) 61.0 (11.1)
3	61	61.6 - 121.5	7 (11.5%)	26 (43%)	(S) 53.44 (6.58) (AS) 55.75 (10.62)
				11 (18%)	(S) 53.92 (9.41) (AS) 56.53 (10.61)
					(S) 52.86 (5.18) (AS) 55.93 (9.6)
					(S) 55.82 (7.17) (AS) 55.52 (9.67)

\* Includes only subjects who have valid measure of hip extensor strength

\*\* Age values calculated separately for the symptomatic (S) and asymptomatic (AS) subjects

Table 21. Relationship Between Shoulder Symptoms and Knee Extensor Strength

Group Sorted by Knee Extensor Strength*	N	Knee Extensor Strength Range (lb.)	# of Subjects		Age (years)** Mean (SD)
			w/Palpation Symptoms	w/Resistance Symptoms	
1	53	0 - 43.8	15 (28.3%)	17 (32%)	(S) 58.8 (8.3)
					(AS) 58.45 (11.48)
2	53	43.9 - 78.5	15 (28.3%)	21 (39.6%)	(S) 54.0 (9.08)
					(AS) 56.4 (11.03)
3	53	78.6 - 173	3 (6%)	11 (20.75%)	(S) 54.0 (3.60)
					(AS) 57.2 (9.38)
					(S) 55.0 (6.59)
					(AS) 57.55 (9.72)

\* Includes only subjects who have valid measure of knee extensor strength

\*\* Age values calculated separately for the symptomatic (S) and asymptomatic (AS) subjects

Table 22. Relationship Between Shoulder Symptoms and Overall Leg Extensor Strength

Group Sorted by Overall Leg Extensor Strength*	N	Leg Extensor Strength Range (lb.)	# of Subjects		Age (years)** Mean (SD)
			w/Palpation Symptoms	w/Resistance Symptoms	
1	51	0 - 91	16 (31.4%)	16 (31.4%)	(S) 59.38 (9.17)
					(AS) 57.94 (11.43)
2	51	91.1 - 138.75	11 (21.6%)	22 (43.13%)	(S) 56.88 (7.84)
					(AS) 59.09 (11.82)
3	50	138.76 - 277.75	3 (6%)	9 (18%)	(S) 51.36 (6.10)
					(AS) 56.08 (11.01)
3	50	138.76 - 277.75	3 (6%)	9 (18%)	(S) 54.41 (9.21)
					(AS) 55.55 (11.17)
3	50	138.76 - 277.75	3 (6%)	9 (18%)	(S) 53.67 (3.51)
					(AS) 57.68 (9.44)
3	50	138.76 - 277.75	3 (6%)	9 (18%)	(S) 56.67 (6.08)
					(AS) 57.61 (9.83)

\* Includes only subjects who have valid measure of overall leg extensor strength

\*\* Age values calculated separately for the symptomatic (S) and asymptomatic (AS) subjects

Table 23. Control Subject Characteristics  
Mean (SD)

Gender	N	Age (years)	Weight (lb.)	Height (in.)
Female	113	45.29 (18.07)	162.9 (41.25)	64.09 (4.44)
Male	113	44.35 (17.10)	185.35 (36.44)	70.40 (2.87)

Table 24. Strength Prediction Equations for Dominant (D) and Non-Dominant (ND) Sides

<u>Muscle Group</u>	<u>N</u>	<u>Prediction Equation*</u>	<u>R<sup>2</sup></u>
D Shoulder External Rotation	218	$-(A*0.042)+(G*8.068)+(W*0.022)+15.586$	0.434
ND Shoulder External Rotation	218	$-(A*0.041)+(G*8.535)+(W*0.014)+16.463$	0.415
D Shoulder Abduction	220	$-(A*0.133)+(G*12.224)+(W*0.068)+20.937$	0.482
ND Shoulder Abduction	222	$-(A*0.131)+(G*12.282)+(W*0.069)+20.377$	0.505
D Shoulder Flexion	224	$-(A*0.114)+(G*15.354)+(W*0.065)+22.235$	0.448
ND Shoulder Flexion	221	$-(A*0.131)+(G*15.032)+(W*0.061)+23.665$	0.510
D Shoulder Extension	220	$-(A*0.085)+(G*16.571)+(W*0.027)+26.494$	0.453
ND Shoulder Extension	222	$-(A*0.060)+(G*17.530)+(W*0.045)+23.020$	0.493
D Elbow Flexion	209	$-(A*0.121)+(G*16.040)+(W*0.062)+31.457$	0.468
ND Elbow Flexion	217	$-(A*0.061)+(G*16.060)+(W*0.060)+27.653$	0.443
D Elbow Extension	213	$-(A*0.097)+(G*13.606)+(W*0.058)+21.524$	0.524
ND Elbow Extension	215	$-(A*0.039)+(G*13.588)+(W*0.060)+19.393$	0.474
D Wrist Flexion	219	$-(A*0.048)+(G*8.961)+(W*0.015)+19.989$	0.401
ND Wrist Flexion	220	$-(A*0.072)+(G*7.643)+(W*0.033)+17.137$	0.367
D Wrist Extension	221	$-(A*0.090)+(G*7.740)+(W*0.040)+19.248$	0.398
ND Wrist Extension	222	$-(A*0.069)+(G*8.995)+(W*0.029)+19.439$	0.415
D Hip Abduction	212	$-(A*0.231)+(G*11.899)+(W*0.072)+35.885$	0.364
ND Hip Abduction	217	$-(A*0.209)+(G*12.811)+(W*0.080)+34.392$	0.398
D Hip Flexion	214	$-(A*0.119)+(G*14.558)+(W*0.082)+31.066$	0.359
ND Hip Flexion	208	$-(A*0.111)+(G*14.356)+(W*0.082)+28.134$	0.362
D Hip Extension	214	$-(A*0.164)+(G*9.963)+(W*0.073)+27.496$	0.289
ND Hip Extension	217	$-(A*0.126)+(G*8.278)+(W*0.072)+27.140$	0.224
D Knee Flexion	218	$-(A*0.188)+(G*12.955)+(W*0.073)+29.746$	0.362
ND Knee Flexion	218	$-(A*0.191)+(G*14.105)+(W*0.064)+32.775$	0.373
D Knee Extension	200	$-(A*0.205)+(G*12.141)+(W*0.086)+39.141$	0.304
ND Knee Extension	195	$-(A*0.204)+(G*14.004)+(W*0.083)+37.327$	0.326
D Ankle Dorsiflexion	217	$-(A*0.095)+(G*8.092)+(W*0.018)+31.331$	0.178
ND Ankle Dorsiflexion	220	$-(A*0.086)+(G*7.851)+(W*0.026)+29.973$	0.181
D Ankle Plantarflexion	193	$-(A*0.151)+(G*6.936)+(W*0.060)+39.925$	0.130
ND Ankle Plantarflexion	192	$-(A*0.188)+(G*8.994)+(W*0.049)+44.170$	0.173

\* equations include age (A), gender (G) with 0 = female and 1 = male, and weight (W)

Table 25. Results of Application of Strength Prediction Equations  
For Dominant (D) and Non-Dominant (ND) Muscle Groups

<u>Muscle Group</u>	<u>Cut-off*</u>	<u>% of Polio</u>
D Shoulder External Rotation	36%	18.3%
ND Shoulder External Rotation	40%	19.1%
D Shoulder Abduction	50%	12.7%
ND Shoulder Abduction	40%	20.1%
D Shoulder Flexion	53.3%	9.0%
ND Shoulder Flexion	52.5%	14.7%
D Shoulder Extension	52.5%	11.8%
ND Shoulder Extension	48%	11.4%
D Elbow Flexion	47.5%	10.6%
ND Elbow Flexion	47%	13.6%
D Elbow Extension	45%	12.3%
ND Elbow Extension	41%	22.3%
D Wrist Flexion	42.5%	10.6%
ND Wrist Flexion	44%	14.7%
D Wrist Extension	45.3%	9.0%
ND Wrist Extension	46%	11.8%
D Hip Abduction	46%	27.0%
ND Hip Abduction	42.5%	40.4%
D Hip Flexion	51%	21.6%
ND Hip Flexion	55%	24.4%
D Hip Extension	55%	16.7%
ND Hip Extension	55%	21.9%
D Knee Flexion	54%	24.6%
ND Knee Flexion	49%	39.2%
D Ankle Dorsiflexion	57.5%	37.1%
ND Ankle Dorsiflexion	57%	43.9%
D Ankle Plantarflexion	50%	31.1%
ND Ankle Plantarflexion	51%	38.5%

\* Defined as the point where the percent difference between the predicted strength and the actual strength for 2.5% of control population was equal to or greater than this level

Table 26. Prediction of Strength on Dominant Side (D) Using Strength on Non-Dominant (ND) Side\*

<u>Prediction Equation</u>	<u>R<sup>2</sup></u>
(D) SER = 0.862 [(ND)SER] + 3.225	0.781
(D) WFX = 0.840 [(ND)WFX] + 5.150	0.725
(D) WEX = 0.870 [(ND)WEX] + 3.538	0.781
(D) SAB = 0.920 [(ND)SAB] + 2.841	0.841
(D) HAB = 0.909 [(ND)HAB] + 3.077	0.812
(D) ADF = 0.871 [(ND) ADF] + 4.015	0.750
(D) APF = 0.915 [(ND)APF] + 2.894	0.840
(D) SFX = 0.956 [(ND) SFX] + 1.579	0.797
(D) SEX = 0.899 [(ND) SEX] + 2.699	0.836
(D) EEX = 0.865 [(ND) EEX] + 4.173	0.736
(D) EFX = 0.897 [(ND)EFX] + 6.109	0.749
(D) HFX = 0.915 [(ND)HFX] + 6.198	0.809
(D) HEX = 0.886 [(ND)HEX] + 3.707	0.770
(D) KFX = 0.890 [(ND)KFX] + 2.835	0.802
(D) KEX = 0.862 [(ND)KEX] + 7.657	0.796

SER: Shoulder External Rotation  
WFX: Wrist Flexion  
WEX: Wrist Extension  
SAB: Shoulder Abduction  
HAB: Hip Abduction  
ADF: Ankle Dorsiflexion  
APF: Ankle Plantar Flexion  
SFX: Shoulder Flexion

SEX: Shoulder Extension  
EEX: Elbow Extension  
EFX: Elbow Flexion  
HFX: Hip Flexion  
HEX: Hip Extension  
KFX: Knee Flexion  
KEX: Knee Extension

\*Isometric strength in pounds

Table 27. Range of Isometric Strength Asymmetries  
Between the Dominant and Non-Dominant Sides\*

<u>Muscle Group</u>	<u>Range</u>
SER	-6.5lb. < X** < 6.5lb.
WFX	-6.35lb. < X < 9.25lb.
WEX	-8.0 lb < X < 7.4lb.
SAB	-9.75lb. < X < 8.9lb.
HAB	-11.75lb. < X < 13.75lb.
ADF	-12.5lb. < X < 10.75lb.
APF	-12.0lb. < X < 10.75lb.
SFX	-12.75lb. < X < 13.75lb.
SEX	-11.75lb. < X < 12.5lb.
EEX	-9.5lb. < X < 9.25lb.
EFX	-10.5lb. < X < 16.05lb.
HFX	-9.5lb. < X < 15.5lb.
HEX	-14.75lb. < X < 11.75lb.
KFX	-13.0lb. < X < 14.25lb.
KEX	-14.0lb. < X < 13.75lb.

SER: Shoulder External Rotation  
WFX: Wrist Flexion  
WEX: Wrist Extension  
SAB: Shoulder Abduction  
HAB: Hip Abduction  
ADF: Ankle Dorsiflexion  
APF: Ankle Plantar Flexion  
SFX: Shoulder Flexion

SEX: Shoulder Extension  
EEX: Elbow Extension  
EFX: Elbow Flexion  
HFX: Hip Flexion  
HEX: Hip Extension  
KFX: Knee Flexion  
KEX: Knee Extension

\* Based on 95% confidence interval for healthy adults aged 18 – 88 years

\*\* Where X = strength on dominant side minus strength on non-dominant side (in pounds)

Table 25. Percentage of Female Controls at High Risk for Shoulder Overuse Symptoms

Age Range (years)	N	% with Knee Extensor Strength < 79 lb.	% with Knee Extensor Strength < 79 lb. and Weight > 154 lb.
18 - 27	19	10 (53%)	3 (16%)
28 - 37	25	9 (36%)	2 (8%)
38 - 47	22	4 (18%)	1 (5%)
48 - 57	15	4 (27%)	1 (7%)
58 - 67	12	5 (42%)	2 (17%)
68 - 77	16	10 (62.5%)	5 (31%)
78 - 89	4	2 (50%)	0 (0%)

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