Rehabilitation in Movement Disorders
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Edited by

Robert Iansek, BMedSci, MBBS, PhD, FRACP
Director, Clinical Research Centre for Movement Disorders and Gait, Kingston Centre, Southern Health, Victoria, Australia

Meg E. Morris, PhD, FACP
Professor, School of Allied Health, Faculty of Health Sciences, La Trobe University, Australia
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One of the great challenges for people living with movement disorders is to know how and where to access sound advice and evidence-based services that enable them to continue to live well with their disease. Movement disorders affect families as well as individuals. For this reason contemporary models of service provision are comprehensive and recognize the need for diagnoses, assessments, and treatments to be tailored to the individual needs of people living with movement disorders and the significant others in their lives. Comprehensive service provision means enabling people to access skills and advice from a wide range of health and social care disciplines with coordinated and complementary contributions from different team members.

The rehabilitation of people with movement disorders is unique. This is because movement disorders encompass neurodegenerative conditions, which in turn involve the basal ganglia and their connections leading to disorders of movement, behavior, cognition, and mood. The relative extent of each of these impairments varies across individuals. The incurable and progressive nature of movement disorders can sometimes result in cumulative impairments over time which can be challenging for the individual, their family, health professionals, and the health system. Progressive impairments and disabilities can also significantly impact on activity and participation which, if not treated quickly and effectively, can compromise quality of life.

With the rapid increase in knowledge from numerous research fronts, people with movement disorders now have access to new and existing treatment options. Although there is currently no cure for movement disorders, current treatments can address some, but not all, symptoms yet they still do not address cumulative morbidity.

Rehabilitation has only recently started to assume a key role in the management of people with movement disorders. The main management focus in the past has been supportive or medical care. The integration of new medical and surgical treatments, in the context of such complexities, necessitates a multidisciplinary team approach to care. Applying specialist knowledge in a coordinated manner can arguably enable optimization of activity and participation. At times, with some of these conditions, comprehensive services from a specialist team have the potential to mitigate against cumulative impairments and disabilities.

This book focuses on the role of rehabilitation in the provision of comprehensive care to people living with conditions associated with movement disorders. For each condition that we explore, the basic pathophysiology will be used to guide rehabilitation, focused on mitigation of impairments, disabilities, and participation restrictions. Where relevant this extends to non-motor impairments. The specific roles of the multidisciplinary team will be explored for each condition. The team role will also be emphasized in addressing issues of improving activity, participation, and quality of life for each of the conditions involved in the manifestation of movement disorders.

This book is particularly directed towards allied health, nursing, and medical professionals and students working with people with movement disorders related to basal ganglia malfunction. It provides an up-to-date and theoretically based approach to comprehensive inter-professional management. It also provides a resource for clinicians, educators, and policy-makers. It shall assist people to develop and plan appropriate interventions that compliment new medical, surgical, nursing, and allied health advances for movement disorders. Our aim is to translate the findings from the latest scientific discoveries to enable clinicians to be effective and evidence-based in their treatments, diagnoses, and assessments. The ultimate aim is to optimize life quality through effective, targeted rehabilitation programs. Indirectly, we also hope that people with movement disorders would ultimately become aware of comprehensive service provision, as outlined in this book, and seek out appropriate care streams to meet their particular needs.
Contributors

Giovanni Abbruzzese, MD
Director, Clinica Neurologica 2, Department of Neurosciences, Ophthalmology and Genetics, University of Genoa, Italy

Brooke Adair, BPhys(Hons)
Department of Physiotherapy, University of Melbourne, Parkville Australia

Ana Aragon, Dip. COT
Independent Occupational Therapist and Associate Senior Lecturer, Faculty of Health and Social Sciences, Leeds Metropolitan University, Leeds, UK

Alfredo Berardelli, MD, PhD
Professor of Neurology, Department of Neurology and Psychiatry and NeuroMed Institute, Sapienza University of Rome, Rome, Italy

Belinda Bilney, BAppSci (Physio), PhD
Lecturer, Melbourne School of Health Sciences, Department of Physiotherapy, University of Melbourne, Australia

David J. Brooks, MD, DSc, FRCP, FMedSci
Hartnett Professor of Neurology and Head, Centre for Neuroscience, Department of Medicine, Imperial College London, Hammersmith Hospital, London, UK

Emma Campagna, BSci
Friedreich Ataxia Clinic, Department of Physiotherapy, Monash Medical Centre, Southern Health, Clayton, Victoria, Australia

Louise A. Corben, BAppSci (OT), MSc, PhD
Bruce Lefroy Centre, Murdoch Children’s Research Institute, Parkville; and Friedreich Ataxia Clinic and Occupational Therapy Department, Monash Medical Centre, Southern Health, Clayton, Victoria, Australia

Mary Danoudis, Dip Physiotherapy; BAppSci (Physio); Masters Physiotherapy
Clinical Research Centre for Movement Disorders and Gait, Kingston Centre, Cheltenham, Victoria, Australia

Martin B. Delatycki, PhD
Professor, Bruce Lefroy Centre, Murdoch Children’s Research Institute, Parkville; Clinical Genetics, Austin Health, Heidelberg, Victoria; and Friedreich Ataxia Clinic, Monash Medical Centre, Southern Health, Clayton, Victoria, Australia

Georg Dirnberger, MD, PhD, MSc
Specialist in Neurology, Visiting Researcher, Department of Neurobiology, Weizmann Institute of Science, Rehovot, Israel

H. Kerr Graham, MD, FRCS (Ed), FRACS
Professor of Orthopaedic Surgery, University of Melbourne, Royal Children’s Hospital, Melbourne, Victoria, Australia

Ralph Hampson, PhD
Director, Ralph Hampson Consulting, Victoria, Australia

Robert Iansek, BMEdSci, MBBS, PhD, FRACP
Director, Clinical Research Centre for Movement Disorders and Gait, Kingston Centre, Southern Health, Victoria, Australia

Marjan Janahshahi, BSC, Mphil (Clin Psychol), PhD
Professor of Neuropsychology, Sobell Department of Motor Neuroscience and Movement Disorders, Institute of Neurology, University College London; and the National Hospital for Neurology and Neurosurgery, London, UK
List of contributors

Lynette Joubert, BA, BSocSci, MA Clin Psych, D Litt et Phil
Associate Professor, University of Melbourne Department of Social Work, Victoria, Australia

Jill Kings, Dip. COT, MSc (Neuro Rehab)
Senior Lecturer, Allied Health Continuing Professional Development, Faculty of Health and Social Sciences, Northumbria University, Newcastle-Upon-Tyne, UK

Sue Lord, PhD
NIHR Research Fellow, Clinical Ageing Research Unit, Institute for Ageing and Health, Newcastle University, Newcastle-Upon-Tyne, UK

Andres M. Lozano, MD, PhD, FRSC, FACS
RR Tasker Chair in Functional Neurosurgery, Division of Neurosurgery, Toronto Western Hospital, Toronto, ON, Canada

Victor McConvey, RN, MACN
Parkinson’s Nurse Consultant, Parkinson’s Victoria, Cheltenham, Victoria, Australia

Rachael McDonald, BAppSc (OT), PGDip (Biomech), GCHE, PhD
Senior Lecturer, Centre for Developmental Disability Health, Monash University, Victoria, Australia

Jennifer L. McGinley, BApp Sci (Physio), Grad.Dip. Neurosciences, PhD
Senior Lecturer, Department of Physiotherapy, The University of Melbourne, Australia

Kulthida Methawasin, MD
Department of Neurology, Parkinson’s Disease and Movement Disorders Centre, National Neuroscience Institute, Singapore

Sarah Milne, BPhysio
Physiotherapy Department, Kingston Centre, Southern Health, Cheltenham, Victoria, Australia

Meg E. Morris, BAppSci (Physio), Grad Dip Gerontology, MAppSc, PhD, FACP
Professor, School of Allied Health, Faculty of Health Sciences, La Trobe University, Bundoora, Australia

John Olver, MBBS, MD, FACRM, FAFRM
Victor Smorgon Chair of Rehabilitation Medicine, Faculty of Medicine, Nursing and Health Sciences, Monash University, Victoria, Australia

Nicola Pavese, MD
Clinical Senior Lecturer in Neurology, Centre for Neuroscience, Department of Medicine, Imperial College London, Hammersmith Hospital, London, UK

Alan Pearce, BSci (Hons), Grad Dip (Ex Sci), PhD
Director, Cognitive and Exercise Neuroscience Unit, School of Psychology, Deakin University, Burwood, Australia

E. Diane Playford, MD, MRCP, MBBS
Reader in Neurological Rehabilitation, Institute of Neurology, Faculty of Brain Sciences, University College London, London, UK

Barry Rawicki, MBBS, FACRM, FAFRM (RACP)
Associate Professor, Department of Medicine, Monash University, Victoria, Australia

Nicole Rinehart, BA, MClinPsych, PhD
Associate Professor, Centre for Developmental Psychiatry and Psychology, School of Psychology & Psychiatry, Monash University, Victoria, Australia

Lynn Rochester, PhD, Grad Dip Phys
Professor of Human Movement Science, Clinical Ageing Research Unit, Institute for Ageing and Health, Newcastle University, Newcastle-Upon-Tyne, UK

Chloe Stanley-Cary, BA, DPsych (Neuro)
Centre for Developmental Psychiatry and Psychology, School of Psychology & Psychiatry, Monash University, Victoria, Australia

Antonio Suppa, MD, PhD
Post Doctoral Research Fellow, Department of Neurology and Psychiatry and NeuroMed Institute, Sapienza University of Rome, Rome, Italy

Louis C. S. Tan, MBBS, MRCP, FAMS, FRCP
Senior Consultant, Department of Neurology, Parkinson’s Disease and Movement Disorders Centre, National Neuroscience Institute, Singapore
List of contributors

Siok Bee Tan, PhD, MNS, BHSc
Adjunct Lecturer, National University of Singapore; Advanced Practice Nurse, Nursing Division, Singapore General Hospital, Singapore

Deborah Theodoros, PhD
Professor, Division of Speech Pathology, School of Health and Rehabilitation Sciences, The University of Queensland, Brisbane, Queensland, Australia

Pam Thomason, BPhy
Senior Research Physiotherapist, Royal Children’s Hospital, Melbourne, Victoria, Australia

Travis S. Tierney, MD, PhD
Director, Stereotactic and Functional Neurosurgery, Department of Neurosurgery, Brigham and Women’s Hospital, Boston, MA, USA

Daniele Volpe, MD
Medical Director, Neurorehabilitation Unit, San Raffaele Arcangelo Fatebenefratelli Hospital, Venice, Italy

Allison F. Williams PhD, MSN, BAppSc, GradDipN (Clinical Nurse Education)
Associate Professor, School of Nursing, Monash University, Victoria, Australia

David R. Williams, MBBS, PhD, FRACP
Associate Professor of Neurosciences, Van Cleef Roet Centre for Nervous Diseases, Monash University, Melbourne, Australia

Gavin Williams, PhD
Physiotherapist, Epworth Monash Rehabilitation Medicine Unit, Monash University, Victoria, Australia