



# Case Study 005

## History and Evaluation

**Patient/Client's Name:** CS 005

**Gender:** Female

**DOB:** 07/23/1997

**Age:** 18

**Gait Evaluation Date:** 4/22/2016

**Medical Diagnosis:** Transverse myelitis, inflammatory polyneuropathy

**Onset Date:** 4/20/2014

### Guide to PT Practice Pattern:

5H: Impaired motor function, peripheral nerve integrity and sensory integrity associated with nonprogressive disorders of the spinal cord

### History:

Client 005 is an 18-year-old female, college freshman who was diagnosed with transverse myelitis on April 20, 2014. She reports that initially she had significant weakness, atrophy, sensory deficits, and endurance limitations (left side more involved than right). In 2 years, she reports, there is much improvement, and she is now independent in her home environment, on campus, and in the community. She uses a light weight manual wheelchair for mobility, performs transfers, and achieves sit to stand independently. She walks short distances (50 to 100 ft) with an SPC held in her right hand using a 2-point gait pattern. She customarily wears a prefabricated "Toe-Off" ankle-foot orthosis (AFO) on the left lower extremity (LE) to assist in foot clearance during swing. She currently lives in a first-floor dorm room with a roommate. There is significant weakness in her trunk, bilateral upper extremity (UE) and LE with the left side weaker than the right. She has difficulty manipulating objects with her left hand, lacking intrinsic strength with significant atrophy present. She enjoys attending California State University's Physical Therapy Faculty Practice (Long Beach, California) 3x/week for the past 9 months and is highly motivated to exercise. Client 005 is a fall risk (TUG ~26 sec), but states she has not fallen in over 1 year. Prior to her diagnosis in 2014, she was "very active" enjoying hiking, dancing, and engaging in normal teenage activities. Her goals include improving walking endurance, strength, and left UE function. Her college major is Spanish, and she expressed a desire to learn several additional languages in the hopes to become an interpreter after graduation.

### Past Medical History:

Unremarkable