



Myasthenia Gravis

Is a rare neuromuscular disease that involves a disconnect at the neuromuscular junction.

This results in increased muscle weakness and possible balance problems.

Physical Therapy is key to maintaining muscle tone and health.

The correct physical therapy program can help improve muscle strength and not exhaust the MG patient.

Physical Therapists are experts in how the body moves. They identify and treat impairments in people of all ages and abilities. They do this by providing hands-on care, education, and by prescribing specific exercises or activities.

The information contained in this brochure was provided by Dr. Kylie Sramek. Dr. Sramek is associated with Synergy Health and Wellness.



Physical Therapy and Myasthenia Gravis

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What questions should I ask when choosing a physical therapist?

- Are they familiar with MG and the physiological response to exercise (ex. unable to repeat motions)?
- What kind of equipment do they offer? (ex. parallel bars, adaptive equipment, standers, w/c room, style of bike, aquatic therapy, antigravity treadmill/unweighted, balance equipment: BOSU, foam, etc.)
- How much time is needed for evaluations and subsequent treatment sessions?
- Are they able to ask for an insurance extension if needed?

Physical Therapy services can be accessed in the state of Ohio without a referral from another provider. This doesn't mean that every facility honors this access law, so most hospitals will require a referral.

- Your physician will receive all evaluations and communications about your care
- Certain insurance policies may require a referral to pay for your care
- Do you require hospital based, outpatient based, or independent outpatient?
- Insurance policies do not cover maintenance therapy unless you have Medicare, but those services may be very beneficial to your health

Why Stretch and Strengthen? -

- Minimizes joint inflammation, damage, and cartilage loss
- Reduces spasms, long term lengthening, spasticity, and flaccidity in target muscles
- Improves balance and coordination

How Can I Conserve Energy in Daily Life?

- Eliminate unnecessary steps
- Limit Repetitive Motions
- Plan Showering and Personal Care
- Plan Errands
- Be Mindful of Safety and Fall Prevention
- Keep a Clutter-Free Environment
- Make Home Modifications
- Organize and Maintain Checklists

A Few Considerations about balance:

- The key to managing fall risk is PREVENTION
- Non-weight bearing, or prolonged inactivity, advances bone density loss, increasing risk of fractures
- Secondary vestibular conditions can elevate risk of falling
- Joint contractures can permanently disable weight bearing nerves
- Physical Therapists can design a program to lessen balance issues

What role does the pelvic floor play and why is it important with MG patients?

The pelvic floor is important because it provides essential support for several vital functions of the body. It supports pelvic organs, contributes to core stability, and plays a crucial role in bladder and bowel control, sexual function, and even circulation.

Physical Therapists help with pelvic floor health by:

- Evaluating your pelvic health by a certified PT
- Providing exercises to improve your core strength
- Providing exercises for urinary incontinence
- Helping to improve breathing/diaphragm strength
- Providing various treatment options
- Providing biofeedback for the pelvic floor

What role does holistic treatment play in my health?

Many holistic treatments compliment conventional treatments to optimize your outcomes and/or they can be effective for maintaining your health such as:

- Occupational and speech therapy
- Massage Therapy—be sure to inquire about the therapists' level of experience with neuromuscular disorders
- Myofascial Release—gentle sustained pressure to release tension in the connective tissues
- Nutrition Consultation—Diet can play a role in muscle health