E-Poster

EP-289

Rehabilitation of Hypokalemic Episodic Paralysis

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

Andoni Vicente-Eceiza, Nuria Rosell, Agustin Gutierrez, Maria Vazquez, Nora Orduña, Lore Rico, Eneritz Ibarguren

Rehabilitation, Osakidetza, San Sebastian, Spain

BACKGROUND

Hypokalemic periodic paralysis is a channelopathy that consists in reversible and episodic attacks of motor deficit with a lowering in the potassium levels. It is caused by mutations in the genes codifying the CACNA1S (70%) or the SCN4A (10%) channels, mainly. It has an autosomal dominant inheritance pattern with incomplete penetrance.

CASE PRESENTATION

Middle-age woman who presented suddenly a tetraplegia. Consciousness and bulbar and respiratory muscles were not affected. Facial muscles and sphincters neither. Some hours before the start of the weakness, the patient presented vomits. At her arrival, the Potassium levels were in the low limit of normality.

The physical examination was the next: Superior functions and language were preserved. She was capable of making head rotations but she had no head or trunk control.

Muscle balance in upper limbs (Oxford scale): proximal 0/5, biceps and triceps brachii 1/5, wrist flexor and extensors 2/5 and distal 3/5.

In lower limbs: proximal 0/5, tibialis anterior, inner and outer gastrocnemius 3/5.

Sensitivity and sphincter control preserved.

Potassium supplies and physiotherapy were the main treatments. Working at the beginning passive mobilization of the limbs. Later, working on postural changes and turning over in bed. After, she progressed to trunk control at the edge of the bed, buttock lifts… Finally, a progressive recovery of muscle balance allowed gait, bike, stairs and strength training (leg press).

On discharge, after 20 days of hospital stay and 15 days of rehabilitation treatment, she was able to walk without aids and had an overall muscle balance of 4+/5 in both upper and lower limbs.

CONCLUSION

Rehabilitation through physiotherapy helps for a complete and fast recovery in tetraplegia episodes of the hypokalemic periodic paralysis.

Statement of Disclosures

Not applicable

Doi: 10.5606/archisprm.2026.EP-289

Corresponding Author:
Andoni Vicente-Eceiza
Rehabilitation, Osakidetza, San Sebastian, Spain
Email: andonivicente1608@gmail.com