

## **Is physiotherapy helpful in functional motor disorders?**

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Traditionally speaking, disorders of motor control have as predominant underlying pathophysiology alterations of the basal ganglia function, connectivity, genetics and/or failure of the normal pallidal frequency-firing pattern among others. However, functional motor disorders also known as psychogenic movement disorders have a yet unknown underlying unifying pathophysiology in the context of patients having a variety of psychiatric and other co-morbid conditions. The traditional view is that of a person suffering with psychogenic movement disorders is that who has anxiety, depression, bipolar conditions, fibromyalgia, history of sexual abuse, prior traumatic events including local injury among many other causes singly and/or in various combinations. The findings on examination are those of distractibility, entrainability, give-away or false weakness, induction of movement by non-physiologic interventions, variable and inconsistent findings out of proportion on the neurological examination. The lack of unifying pathophysiology and/or psychological theory coupled with the complexity of the milieu/context in which these disorders occur results in treatments which are extremely challenging for some and best fraught with frustrating/poor outcomes and shortcomings for others. Physiotherapy has been used by many during the rehabilitation planning with special attention in retraining and focusing in basal ganglia and cognitive functions, control attention, focusing on function rather than impaired movement and in some cases coupled with supportive psychological therapy, casting of limbs and pharmacotherapy including the use of botulinum toxin therapy. We will be discussing opposing points of view on this complex condition in search for proper therapy. Therefore asked today: Is physiotherapy helpful in functional motor disorders?