



SOME QUESTIONS AND ANSWERS

Written by Elinor Young, a PPS Patient

I underwent treatment at Futures Unlimited, Inc. in October 1996, and am still doing great in 2004! Before I even left there, people wrote me via e-mail asking about it. They wanted to know what is done, how much it cost, how much it helped and other such questions. Do you have some of those questions, too?

Then this might help:

Q. Who is Ed Snapp? How Did He Come Up With This Program?

A. Ed Snapp is a physical therapist. He contracted polio at the age of 18, and still has some pretty severe residual effects. He began his practice as a PT in 1947, working first on original polio patients. He has never retired. "Mr. Ed" (as he is called in the clinic) is about 70 years of age now. He married a woman who also had polio. It was when she began to develop PPS that Ed, getting the standard, "There is nothing we can do but slow down your decline" answer from doctors, began doing his own thinking based on his personal and practical knowledge of polio, the body and further study of the central nervous system. What resulted, after many years, is the program he uses at his clinic.

Q. What is done to you at the clinic?

A. Basically, the "what" consists of medically coded physical therapy techniques, done with unusual intensity, duration and sequence. The therapy lasts for 14 straight days, 6 to 8 hours a day. The four PT procedures are all passive. That is, they do it to you; you do not do any direct exercise.

The PT techniques used are:

1. Straight-line, deep-stroke massage. Done with very specific order.
2. Patterning of limb movements. Again, very specific sequence.
3. Hydro-therapy, which is being submerged, supine and supported, in approximately body-temperature water while your body relaxes and reacts to the stimulation of the massage, of waves, etc.
4. Complete rest in an environment of controlled sensory-deprivation. It sounds like anyone could duplicate the procedures, but they can't without training at Futures. Especially the massage and patterning require a very strict order and sequence.

Each PT procedure is done twice; once in the morning and once in the afternoon, with small differences. During the rest time, unless you had a spinal fusion (as I did), you are curled up in a cut-in-half innertube that is hung from the ceiling and rests on a bean bag. You are more or less in a fetal position, and they play fetal sounds. It is unusual, but very relaxing. I curled up on a water-bed for that part.