

Functional Neurologic Disorder (FND)

Tips & Resources for Physical, Occupational and Speech Therapists

SUGGESTED READING

1. Espay AJ, Aybek S, Carson A, et al. Current Concepts in Diagnosis and Treatment of Functional Neurological Disorders. *JAMA Neurol.* 2018;75(9):1132-1141. doi:10.1001/jamaneurol.2018.1264
2. Jacob AE, Kaelin DL, Roach AR, Ziegler CH, LaFaver K. Motor Retraining (MoRe) for Functional Movement Disorders: Outcomes From a 1-Week Multidisciplinary Rehabilitation Program. *PM R.* 2018;10(11):1164-1172.
3. Scamvougeras and Howard. Understanding and Managing Somatoform Disorders: A Guide For Clinicians. AJKS Publishing, Vancouver BC, Canada. 2018.

PRIOR COURSES ON MOTOR RETRAINING (MORE) FOR FUNCTIONAL MOVEMENT DISORDERS

<http://louisville.edu/medicine/cme/events/MoRe19>

Check to see if any future courses are scheduled. They have offered distance learning.

SUGGESTED STRATEGIES

1. The client must understand and accept the diagnosis.
2. Begin treatment with relaxation breathing. Two count inhales to four count exhale x 5 cycles.
3. Visualization of neurotypical movement or a relaxing location.
4. Reinforcement of neurotypical patterns of movement, accompanied by constant distracting conversation.
5. Provide encouragement during demonstration of neurotypical patterns of movement.
6. Correct atypical or abnormal movements with a **STOP and RESET**.
7. Reinforce **small** movements until the activity is completed in a neurotypical fashion.
8. Move on to larger tasks, increased mobility, or more talking depending what is being revised.
9. Provide lots of cheering and praise and be sure to use the proper discussion guidelines as suggested in the book, "Understanding and Managing Somatoform Disorders" by Scamvougeras and Howard.
10. It can be helpful to videotape with client permission. If there is no dedicated place for this, clients can use their phone. At the end of session, you can rewind it and show the client where they demonstrated neurotypical movements/ behavior.
11. Request 10 follow up appointments 1x/week per discipline as needed.

This guide was provided courtesy of Julie Muccini, MS, OTR/L at Stanford Outpatient Neurorehabilitation Department, and was designed for informational purposes only and must not be substituted for professional care.