# Neuromuscular and Skeletal Disorders

<table>
<thead>
<tr>
<th>Neuromuscular and skeletal disorders (eg, scoliosis, contractures, spasticity, and ligamentous laxity) are possible sources of unrecognized pain and occur frequently among people with intellectual and developmental disabilities (IDD), especially those with cerebral palsy. This can result in reduced mobility and physical activity with associated adverse health outcomes.</th>
<th>Recommendation</th>
<th>Types of Knowledge</th>
<th>Recommendation Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promote mobility and regular physical activity (see guideline Physical Inactivity and Obesity).</td>
<td>Empirical, Expert</td>
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<tr>
<td>Consult a physical or occupational therapist regarding adaptations to promote mobility and physical activity (eg, wheelchair, walker, modified seating, splints, orthotics, and safety devices such as handrails).</td>
<td>Empirical, Expert</td>
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<tr>
<td>Actively monitor foot health and ensure properly fitting footwear in consultation with a podiatrist or orthotist.</td>
<td>Empirical, Expert</td>
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<td>Osteoporosis and osteoporotic fractures are more prevalent and occur at a younger age among people with IDD than those in the general population.</td>
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<td>Screen both male and female patients for osteoporosis starting in early adulthood.</td>
<td>Empirical, Ecosystem, Expert</td>
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<td>Seek advice from a radiologist regarding alternative methods to assess risk of fragility fractures if the patient cannot be assessed using the usual nuclear bone mineral density (BMD) test, such as by assessing the patient’s forearm only.</td>
<td>Ecosystem, Expert</td>
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<td>Risk factors for osteoporosis specific to people with IDD include increased severity of IDD; long-term use of certain medications such as anticonvulsants, glucocorticoids, injectable long-acting progesterone in women; vitamin D deficiency; prolactinemia; immobility; and presence of certain genetic syndromes.</td>
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<td>Recommend early and adequate intake or supplementation of calcium and vitamin D unless contraindicated (eg, among people with Williams syndrome).</td>
<td>Expert</td>
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<tr>
<td>Be aware of concurrent medical conditions and medications in patients with IDD when considering osteoporotic treatment options (eg, renal insufficiency or swallowing difficulty) and seek advice (eg, from an endocrinologist or pharmacist).</td>
<td>Expert</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Icon Legend

### Recommendation Strength:
- Clinicians’ top recommendation
- Recommended
- Strongly Recommended

### Types of Knowledge:
- Blue and grey colours specify different knowledge subtypes. Half circle symbols indicate that reviewed publications pertain to the background information to the recommendations that is presented in the first column.

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References


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