

Table 3. Effect of Neuromuscular Diseases on Body Systems

BODY STRUCTURE	BODY FUNCTION (IMPAIRMENT)	ACTIVITY LIMITATION (FUNCTION)	PARTICIPATION RESTRICTION
Skeletal muscle	↓ Functional muscle mass ↑ Skeletal muscle fibrosis ↓ Strength ↓ Endurance ↑ Fatigue	↓ Mobility (walking, running, wheeling) ↓ Upper extremity tasks (reaching, throwing)	↓ Educational opportunities ↓ Employment opportunities
Body Composition	↑ Body fat & obesity ↓ Lean tissue	↓ Fine motor tasks (writing, typing, object manipulation)	↓ Community integration
Bone & joint	↑ Joint Contractures ↑ Spine Deformity ↑ Osteoporosis ↑ Fractures ↑ Pain	↓ Self care & ADLs	↓ Socialization ↓ Family functioning
Lungs	↑ Restrictive Lung Disease ↓ Pulmonary function ↓ Cough/pulmonary toilet	↓ Communication ↓ Ability to undertake tasks	↓ Recreation ↓ Quality of life
Heart	↑ Cardiomyopathy ↑ Conduction defects ↓ Cardiopulmonary capacity	↓ Learning & applying knowledge	
Gastro Intestinal & Nutrition	↑ Dysphagia ↑ Constipation ↑ Cachexia (late onset)	↓ Psychosocial adjustment	
CNS	↓ Mental functions ↓ Intellectual capacity		