Duchenne Care and Management

- Physical Therapy

Linda Pax Lowes, PT, PhD
Linda.Lowes@nationwidechildrens.org
Ultimate Goal
BALANCE
Areas of Intervention

Range of Motion
Activity
Therapy
Alternative Medicine
Miracle Cures
Range of Motion: Use It or Lose It

Dorsiflexion plantarflexion

Stretching- parents v. self

Night Bracing [4, 6, 9-11]
how much, when to start, what if I just can’t
Range of Motion- Hip

Illiotibial (IT) band – standing with feet wide for better balance

Hip flexion– standing with arch in back

Lie on stomach

Young active child  Prevention
Kids make good choices????

Suzanne’s self selected 1st day of school outfit
Activity- Young boys with DMD are good at self-limiting their activity. It is usually okay to allow the child to self-regulate their activity level, allowing frequent rest breaks as needed. Watch for being overly fatigued that evening or the next day. “Normal” kid activities help develop social skills and friendships.

Zoo field trip over exertion
Maximize fun by creative thinking
Activities to avoid

Muscles affected by DMD are unable to regenerate properly, so we discourage any activity that results in muscle breakdown:

• Weight lifting or using ankle/wrist weights
• Repetitive eccentric muscle contractions (i.e. things that use the muscle to slow an activity, bicep curls, descending stairs, squats)
• Endurance activities
Therapy – Episodic Care

Do you have a goal/problem

One more stressor

Consultation and guidance
Regular Monitoring through Clinic or PT

• Flexibility
• Functional skills
  • time to get up from the floor
  • walking speed
Do you like to play video games?

Nationwide Children's Hospital has created a video game to test children’s ability to move their arms.

We need children and adults to validate this video-game assessment to see if it could be used as an outcome measure in clinical trials. We hope this game will allow a wider variety of people (including those who can’t walk) to participate in clinical trials.

The gaming takes only 5 minutes!

Come play:
Thursday 2-4pm Water tower room 10th floor
Saturday 8am-6pm Northwestern/Ohio State 6th floor
Questions?

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