Empowering Students to Achieve, Thrive, & Succeed
Recommended School Accommodation Considerations

Physical Therapy
- Stretching
- Range of Motion exercises
- Muscle cramp massage
- Safety training (on stairs & playground)
- Hallway safety
- Accommodating activities of daily living (ADL’s) to changing physical needs (toileting, lunch time/cafeteria safety, etc)
- Adapted/modified Physical Education

Physical Education (Adapted)
Being physically active is absolutely critical in DMD. It is also important that students remain included in the general education classroom for PE. The modification of most activities can be done through consultation with the Physical Therapist, with the goal of this student’s PE curriculum being recreation, rather than increased strength & endurance. **Weight lifting, push ups, pull up, abdominal crunches, and other muscle-building exercises WILL NOT improve strength and may actually be detrimental.**
Recommended School Accommodation Considerations

• **Occupational Therapy**
  • Most students with Duchenne will eventually benefit from:
    * an Assistive Technology Evaluation
    * Occupational Therapy consultation for body positioning, seating, and gross and fine motor function
    * assistive devices such as manual or power wheelchairs

• May also require:
  * modified written assignments
  * computer technology that maximizes fine motor strength or utilizes voice command/dictation typing systems
Recommended School Accommodation Considerations

School Accommodations

An additional set of text books
If the school has multiple levels, the student should have access to an elevator. student’s physical needs should be taken into consideration when designing his class schedule (classrooms should be close together to minimize distance walked throughout the day, etc).

Preferential seating in the classroom
An Emergency Evacuation Plan with student’s physical needs considered:
* School personnel should be assigned to accompany him during emergency
* ‘Safe Room’ should be established with the local fire department

Field trips and school events should consider:
How far will students have to walk from the bus to the front door?
Is the field trip destination accessible for wheelchairs?
Is there a wheelchair lift on the bus?
Have chaperones been informed of this student’s needs? Etc.
General Principles

• No such thing as ‘one size fits all’, depends on the student & the school system
• Partnership with school team – and YOU play a key role
• Even more, the student with Duchenne plays the central role
• Involve child/ student when developmentally appropriate – 5 grade?
• IEP Goals to consider adding:
  • Self-advocacy goal
  • Socialization
  • Community mobility (for high schoolers)
annie@parentprojectmd.org