Physical Therapy Standards of Care

End Duchenne Tour
Las Vegas, NV
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Long term goals for intervention

• Support participation
  – Family and friends
  – School
  – Community

• Support independent mobility
• Support functional independence
• Support comfort and limit pain
PT Role in Disease Process

- Muscle Weakness
- Lack of Dystrophin
- Muscle Tightness
- Muscle Atrophy
- Compensatory Patterns
- Decreased Function
- Participation

PT: Physical Therapy
Exercise/Physical Activity

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness.
Exercise/Physical Activity

No exercise leads to muscle atrophy

Too much exercise leads to muscle breakdown
Exercise Recommendations

- Age appropriate recreational activities as opposed to strengthening regimes.

- Balance activity with rest…
  - Avoid generalized fatigue
  - Avoid muscle soreness

- What if we overdo?
  - Decrease intensity
  - Decrease duration
Aquatic Activities

• Safest form of exercise
  – Non weight bearing low load activity
  – Able to move through full range of motion
  – Improves aerobic function
  – Encourages walking
• Develops independence and confidence
• Fosters a life long recreational activity
• Freedom of movement in later years
Why is flexibility important?

• Maintains symmetry
• Prolongs standing and walking
• Improves wheelchair positioning
• Improves comfort
Ankle and Hand Splints

- Maintains prolonged stretch 6+ hours
- Younger boys- wear at night
- Older boys- day or night
- Hand splints for older boys

Cascadedafo.com
Gentle stretching activities

• Parent assisted stretching
• Self assisted stretching

YouTube: Stretchout!
Positioning Activities

• Long sitting
• Tummy lying
• Standing wedge
• Keep knees together

YouTube: Stretchout!
Standing frames

Evidence suggests: 90 Minutes

EasyStand.com
Powered Mobility Devices

- Introduce for recreation and outdoor play
- Allows boys to keep up with peers
- Access for long distance community events
- Prevents falls
THANK YOU!

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