

# Physical Therapy Standards of Care

End Duchenne Tour  
Las Vegas, NV  
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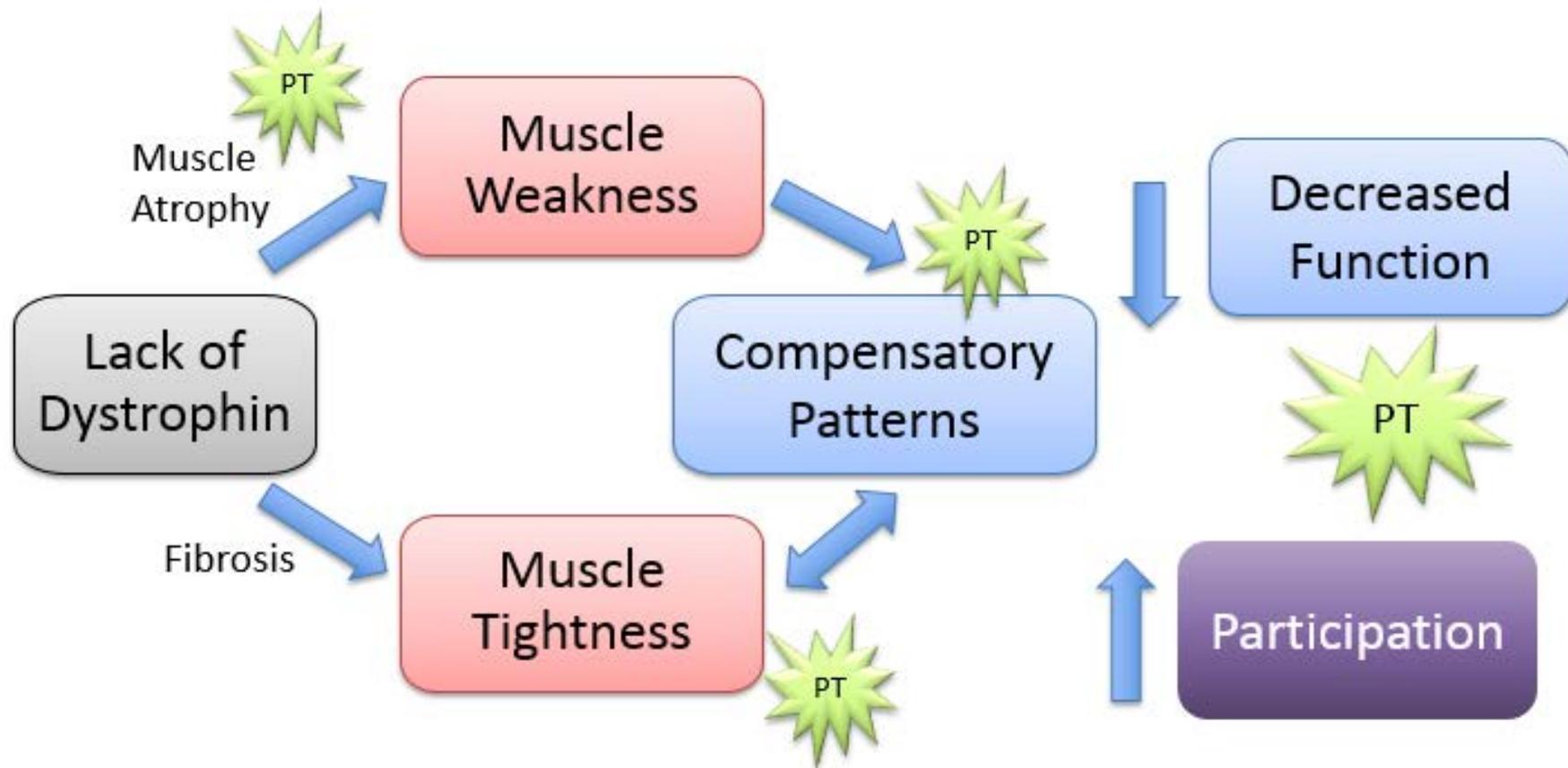
**Parent** JOIN THE FIGHT.  
**Project** END DUCHENNE.  
**Muscular  
Dystrophy**

# 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



# 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



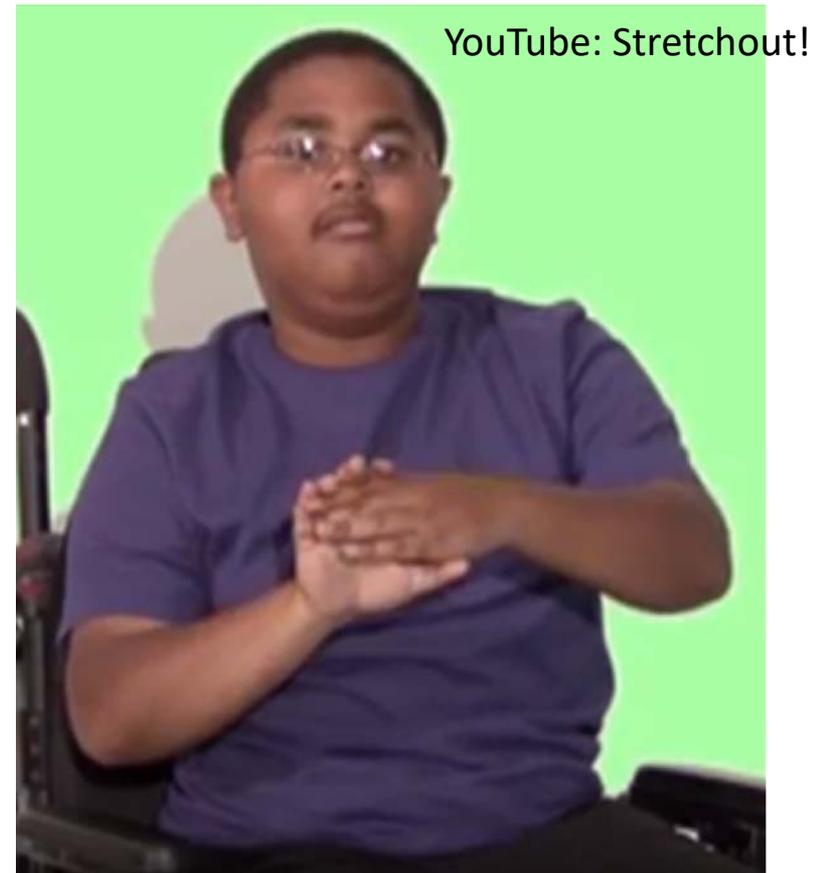
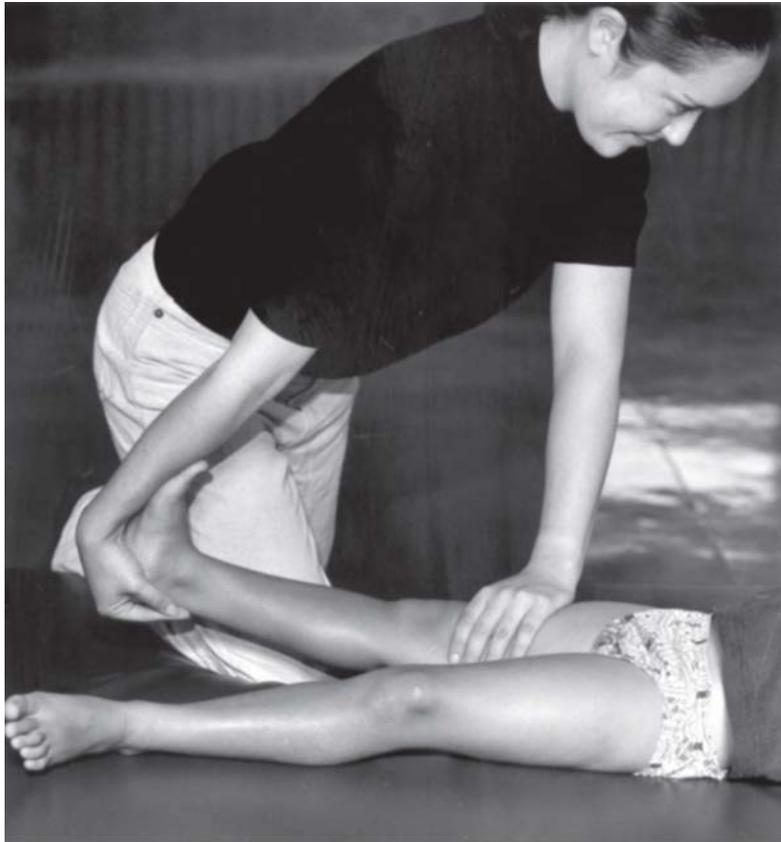
# Ankle and Hand Splints

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



# Gentle stretching activities

- Parent assisted stretching
- Self assisted stretching



# Positioning Activities

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



YouTube: Stretchout!

# Standing frames



EasyStand.com

Evidence suggests: 90 Minutes

# 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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