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 Atrophy
    - PT
    - Decreased Function
  - Fibrosis
    - Fat infiltration
- Muscle Tightness
  - Compensatory Patterns
  - PT
  - Participation
- Slow/Fast Progressors
Exercise is any bodily activity that enhances or helps to maintain 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?
  – Rest and modulation are OK!
  – Decrease intensity
  – Decrease duration
Aquatic Activities

- Safest form of exercise
  - Non weight bearing low load activity
  - Able to move through available range of motion
  - May improve aerobic function
  - Can encourage walking
- Develops independence and confidence
- Fosters a life long recreational activity
- Freedom of movement in later years
- Fun with family and friends
Why is Flexibility Important?

• May improve symmetry
• May prolong standing and walking
• Can aid wheelchair positioning
• May improve comfort
Ankle and Hand Splints

- Night splints provide prolonged stretch 6+ hours
- Younger boys- wear at night
- Older boys- day or night
- Hand splints for older boys
  - Alternate arms

Cascadedafo.com
Gentle Stretching Activities

- Parent assisted stretching
  - Active assist
  - Passive
- Self assisted stretching
Positioning Activities

- Long sitting
- Tummy lying
- Side lying - flat back
- Lying on back - flat back
- Standing wedge
- Keep knees together

YouTube: Stretchout!
Standing Frames

Evidence suggests: 90 Minutes

“Caution with alignment”

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

Caution: positioning/safety
THANK YOU!

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