

# Why is Physical Therapy Important?

**Parent  
Project  
Muscular  
Dystrophy**

JOIN THE FIGHT.  
END DUCHENNE.

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# Physical Therapy-We Can Help

- We are trained to be “Movement Experts”
  - Our background is in muscles, physiology, the nervous system, and function
  - Problem solvers
  - We are *people people*
- PT's are **specialists** at adapting and modifying activities and environments



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# Assessments Are Important

- Assessments give us information about your child
- Helps us to develop a plan of care for your child
- Identifies critical periods of time
  - Alerts us to change



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# Stretching-Instruction How To

- Is stretching important for your child?
- What are the benefits of stretching?
  - There are more benefits than range of motion
- What to stretch and for how long?
- Fitting stretching into your routine – it can happen, let us help! 😊



# Night Splints – Provide a Maintained Stretch

- Night splints are for longer periods of time
- They may assist positioning and flexibility
- When should your child wear them?
  - What if he says NO!



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# Exercise - Moderation

- Moving and participating are important for your child's physical and emotional health
- What kind of exercise is best- let us help you figure it out 😊
- Modification
- Know the precautions
  - Don't Overdo!!



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# Equipment – Needs Vary

- When is the right time to consider equipment?
- PT's can assist with evaluating the needs of your child
  - Justification of equipment – Letter of Medical Necessity
- Different pieces of equipment offer different things for your child
- Make sure it is right for your child and your family



# Transitions – We Can Help

- Transitions dictate change
  - Care
  - Environments
  - Positioning
  - Equipment
  - Exercise



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# *Takeaways*

1. Physical Therapists are “*Movement Experts*”
2. Movement is good
3. Stretching – may help your son stay flexible
4. Night splints-provide a maintained position
5. Exercise – moderation and modification
6. Equipment – needs vary, timelines vary
7. PT can help!

**Consult a Physical Therapist → find out what is best for your child and family and what fits your routine!**



**Questions?**

# Thank you!

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