Physical Therapy

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Long Term Goals for PT Intervention

• Support participation
  – Family and friends
  – School
  – Community
• Support independent mobility
• Support functional independence
• Support comfort and limit pain
• *PT’s are specialists at adapting and modifying activities and environments*
  – *We are trained to be “Movement Experts”*
PT Role in Disease Process

- Lack of Dystrophin
  - Muscle Atrophy
  - Fibrosis
  - Fat Infiltration

- Muscle Weakness
- Muscle Tightness
- Compensatory Patterns
- Decreased Function

- Participation
Exercise/Physical Activity

- 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

Resistive exercise is too much
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
- Make sure your child is safe in the water
Why is Flexibility Important?

• May improve symmetry
• May prolong standing and walking
• Can aid wheelchair positioning
• May improve comfort
Gentle Stretching Activities That Fit Your Lifestyle

• Parent assisted stretching
  – Active assist
  – Passive

• Self assisted stretching
Stretching

• Younger boys **may** respond better to stretching when tightness begins
  – Temporary increase in range **may** be possible
  – Early on a combination of stretching activities **may** lend itself to small gains in range

• Older boys **may** benefit from stretching
  – Increased blood flow to muscles and surrounding areas
  – Feeling of well-being
  – Mobility of joint through “available range”
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
Positioning Activities

- Long sitting
- Tummy lying
- Side lying – flat back
- Lying on back – flat back
- Keep knees together*
  - WC, lying flat, tummy lying

*These pillows between and under the knees help to flatten back

YouTube: Stretchout!
Equipment - Standing Frames

Evidence suggests: 90 Minutes

EasyStand.com
Permobile
Other things to consider

*Consult your PT about your child

“Caution with alignment”
Equipment - Powered Mobility Devices

Introduce for recreation and outdoor play
Allows boys to keep up with peers
Access for long distance community events
May prevent falls during transition periods

“Caution with alignment”

*Consult your PT about your child*
Equipment

• Medtrade Expo
• Fall 2019 Atlanta Ga.
• October 21-23, 2019
  Georgia World Congress Center • Atlanta, GA

* Consult your PT
Takeaways

1. Activity is good
2. Don’t Overdo
3. Participation is Important
4. Flexibility – stay mobile
5. Stretching - more than just just ROM
6. Positioning & Bracing – may influence comfort
7. Equipment when needed
8. Mobility Devices
9. PT’s can help
Thank you!

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