Physical Therapy Standards of Care

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Long Term Goals for Physical Therapy

- Address functional limitations
- Increase/ maintain independence
- Improve comfort and limit pain
- Educate family/ caregivers to promote carry over of skills and integration into home, school, and community
  - Home exercise program
  - Provide Strategies
Role of PT during the Disease Process

Lack of Dystrophin

Muscle Weakness

Muscle Tightness

Compensatory Patterns/
Decreased Function
Role of PT during the Disease Process

- Minimize deficits/ limitations, including contractures
- Maintain function and provide recommendations to adapt function
- Prevent and help manage pain
- Assess for equipment/ bracing
  - Wheelchairs
  - Standers
  - Adaptive seating
  - Wilmington Robotic Exoskeleton (WREX evaluations are usually performed by an OT)
Exercise/ Physical Activity

- Any activity that enhances or helps maintains physical functions, fitness, overall health and wellness
Exercise/ Physical Activity

- How much exercise is recommended?
  - No exercise leads to muscle atrophy
  - Too much exercise leads to muscle breakdown
Exercise Recommendations

- Age appropriate recreational activities as opposed to strengthening
- Balance activity with rest
  - Avoid generalized fatigue
  - Avoid muscle soreness
- Can we still participate in peer activities?
  - Rest in-between
  - Decrease intensity
  - Decrease duration
Benefits of Aquatic Activities

- Decreased weight bearing
- 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 prolong standing and walking
- Improved positioning in/out of adapted equipment
- Increased comfort
- Hygiene
Benefits of Ankle and Hand Splints

- Night splints can provide a prolonged stretch for 6+ hours
  - Recommended to increase and maintain motion

- Daytime bracing
  - Maintain motion
  - Increase function

- Hand splints
  - Generally needed as the children get older to maintain motion and function
Home Programs

- **Stretching**
  - Parent assisted
  - Self assisted

- **Positioning**
  - Long sit
  - Tummy time
  - Side lying
  - Lying on back

YouTube: Stretchout!
Standing Frames

"Caution with alignment"

EasyStand.com
Power Mobility

- Introduce for recreation and outdoor play
- Allows child to keep up with peers
- Access for long distance community events
- Prevents falls
Thank you!

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