Physical Therapy/Rehabilitation Management of Duchenne Muscular Dystrophy

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Presented at:
PPMD’s End Duchenne Tour
Virtual Tour Stop

March 14, 2020
Assessment

Multidisciplinary assessment at regular intervals (every 6 months or more frequently if concerns, change in status, or specific needs are present):

- to assess present status and change over time
- to allow optimal individualized intervention
- to assess effect of intervention
- to assess and optimize improvement with disease modifying treatments

** details in DMD Care Considerations & Rehabilitation Article in Pediatric Supplement 2018 (see last slide for references):

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5869704/

https://www.cdc.gov/ncbddd/musculardystrophy/care-considerations.html

https://pediatrics.aappublications.org/content/142/Supplement_2/S17
Intervention
Comprehensive, anticipatory, preventative management across the lifespan

- Direct treatment by PT, OT, SLP tailored to individual needs
- Musculoskeletal management
  - Stretching
  - Orthotic intervention (AFOs, KAFOs, knee splints, wrist or hand splints, serial casting)
  - Supported standing
  - Custom seating & power positioning components in wheelchair
- Exercise and activity – gentle, submaximal, avoid eccentric & resistive exercise
- Falls and fracture prevention and management
- Management of learning, attentional, & sensory processing differences
- Assistive technology and adaptive equipment
  - For musculoskeletal management
  - For function, independence, and participation
- Pain prevention and management
- Participation
- Transition into and through adulthood

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