Physical Therapy Management Of Duchenne Muscle Dystrophy

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Duchenne Muscle Dystrophy Research
Physical Therapist’s Role in MD Clinic

- Work as a member of a multi-disciplinary team to discuss and provide best care for each individual
- Examine individual child and develop a plan to promote mobility, reduce pain, maintain function, and delay secondary effects of disease progression
  - completed once time per year or as needed
- Assessment includes:
  - Muscle strength
  - Muscle tightness and joint range of motion
  - Pain assessment
  - Functional mobility such as transfers, walking, stairs, etc.
  - Current equipment and future needs
  - Caregiver needs
Physical Therapist’s Role in MD Clinic

- Provide recommendations/interventions based on individual’s needs
  - Providing recommendations on equipment, braces, and environmental adaptations
    - Goal: promote independence, decrease fall risk, and maintain function
  - Provide exercises for home
    - Goal of program: delay muscle weakness and contractures
    - Encourage sub-maximal exercise and avoid eccentric muscle use
  - Pain management techniques
  - Caregiver education
  - Child and parent empowerment