

# Physical Therapy Management Of Duchenne Muscle Dystrophy

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Outpatient Clinic

MD Clinic

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