

Physical Therapy Management Of Duchenne Muscle Dystrophy

Shana Sigmund, PT, DPT
Children's Wisconsin

Outpatient Clinic

MD Clinic

Duchenne Muscle Dystrophy Research

Physical Therapist's Role in MD Clinic

- ▶ Work as a member of a mutli-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 affects 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