

What stretches should we be doing and how often?



- Stretching should not be painful
- Stretches should be held for 60 seconds and repeated
- As the muscle relaxes, increase the pressure
- A daily routine is the most effective



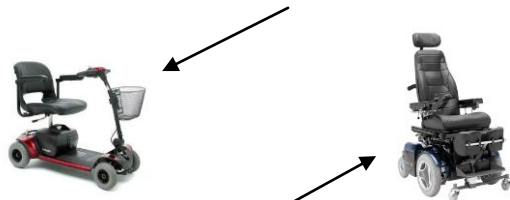
Here are 6 sample stretches which are very commonly prescribed for DMD.

When is it time to give him “the Power”?

General Considerations:

- Is walking unsafe?
- Is walking too tiring?
- Is he missing out on social opportunities?

Walks well but needs to conserve energy.



Walking is unsafe and he needs more support and options.



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What about ankle splints?

General Rules:



- ***Resting** splints only
- ***Fixed** ankle position
- ***Custom** fabrication
- *Maximum **comfortable** position