

For DMD Patients

# AT-HOME PHYSICAL THERAPY EXERCISES

## Ankle Dorsiflexion

- 1 Start with your child lying on his stomach with one knee bent. Hold at the front of his lower leg with one hand, making sure that the knee stays bent to 90 degrees.
- 2 With your other hand, hold the heel with your fingers. Apply pressure forward so that you are gliding the bone (calcaneus) forward toward his toes. As you do this, you should see his ankle bend slightly.

**Hold for 30 seconds. Repeat 2 times on each leg.**



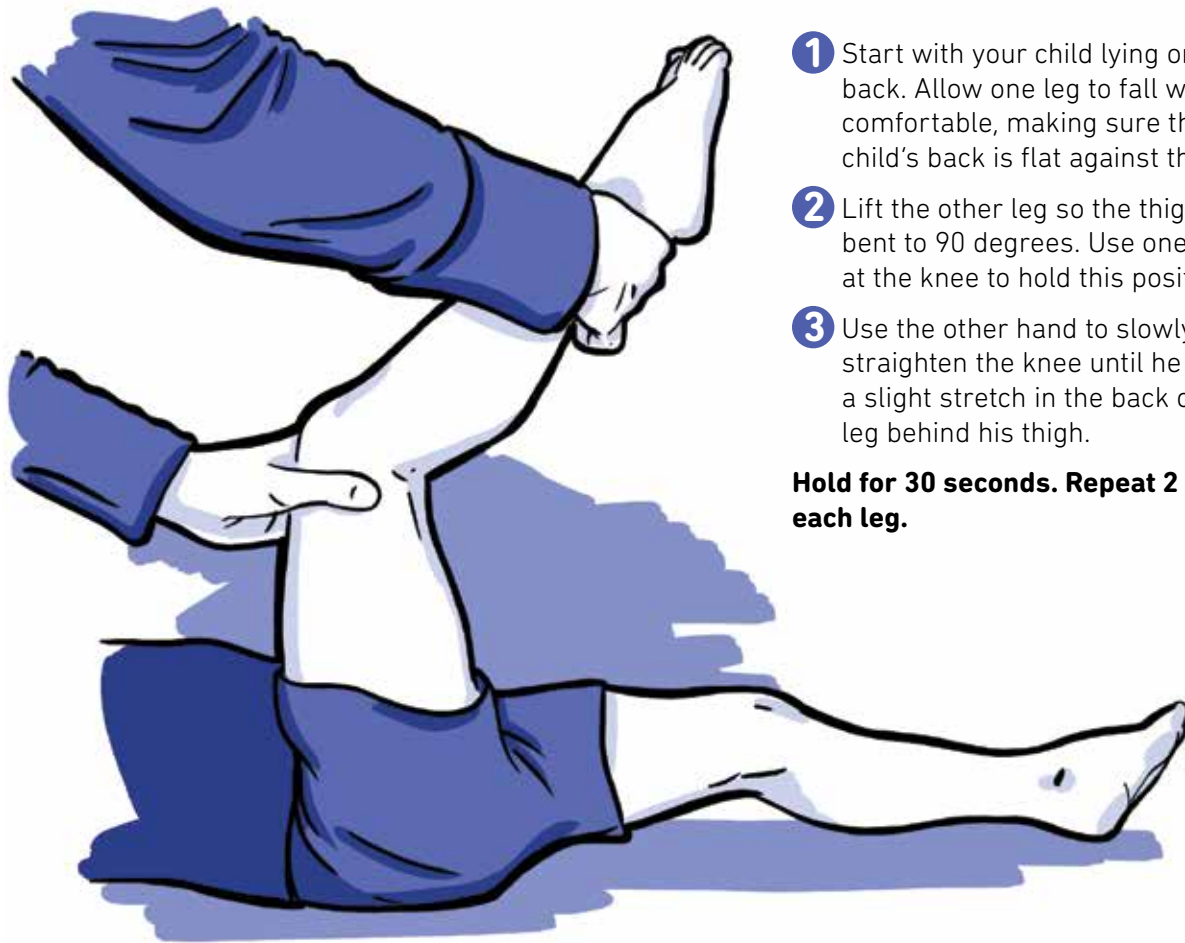
- 1 Start with your child lying on his stomach with his knees straight and feet hanging over the edge of the bed. Hold the front of the lower leg with one hand to keep the leg straight.
- 2 With your other hand, hold the heel with your fingers. Apply pressure forward so that you are gliding the bone (calcaneus) forward. As you do this, you should see his ankle bend slightly.

**Hold for 30 seconds. Repeat 2 times on each leg.**

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# AT-HOME PHYSICAL THERAPY EXERCISES

## Hamstring Stretch



- 1** Start with your child lying on his back. Allow one leg to fall where it is comfortable, making sure that your child's back is flat against the surface.
- 2** Lift the other leg so the thigh is bent to 90 degrees. Use one hand at the knee to hold this position.
- 3** Use the other hand to slowly straighten the knee until he feels a slight stretch in the back of his leg behind his thigh.

**Hold for 30 seconds. Repeat 2 times on each leg.**

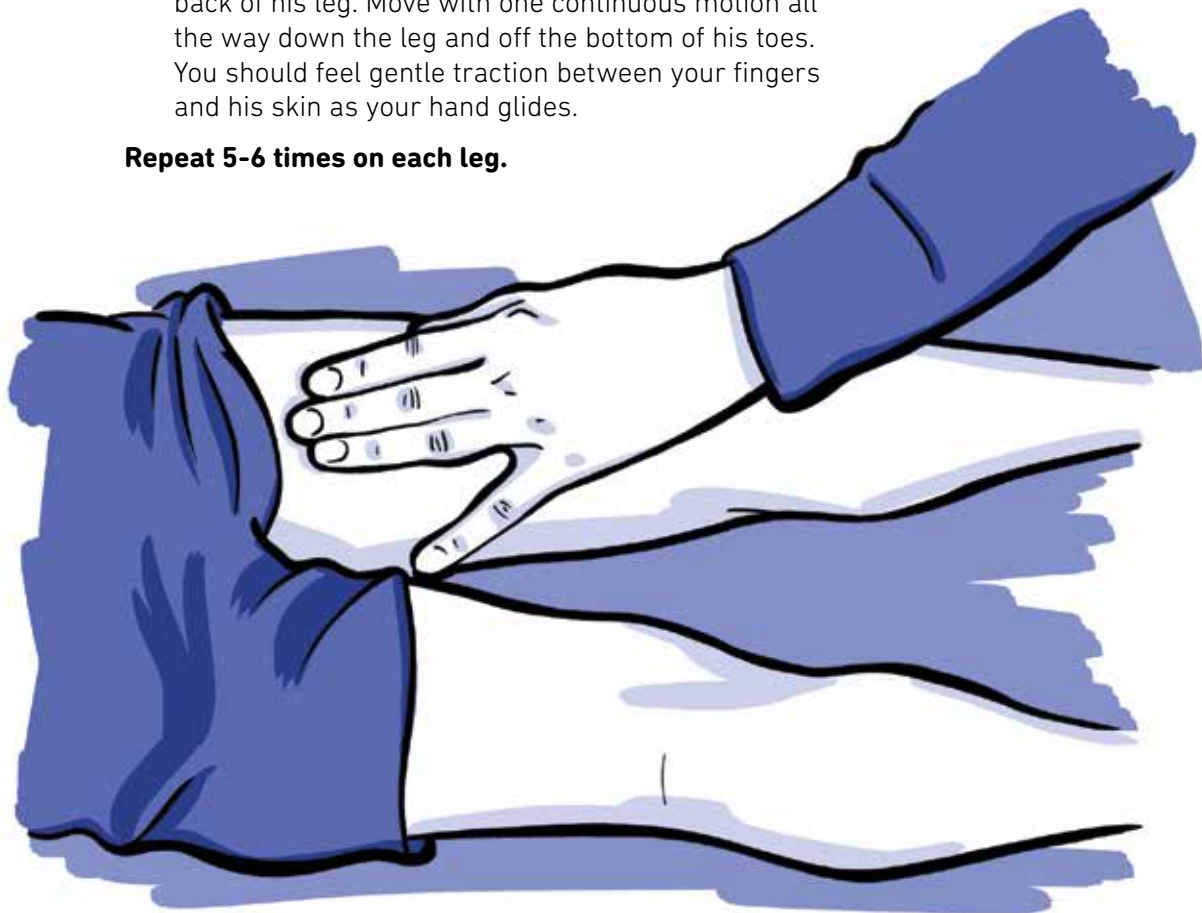
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# AT-HOME PHYSICAL THERAPY EXERCISES

## Myofascial Release for Hamstrings

- 1 Have your child lie on his stomach with his legs straight. Using three or four fingers on his bare skin, place your hand near the base of his buttocks.
- 2 Gently but firmly allow your hand to glide down the back of his leg. Move with one continuous motion all the way down the leg and off the bottom of his toes. You should feel gentle traction between your fingers and his skin as your hand glides.

**Repeat 5-6 times on each leg.**



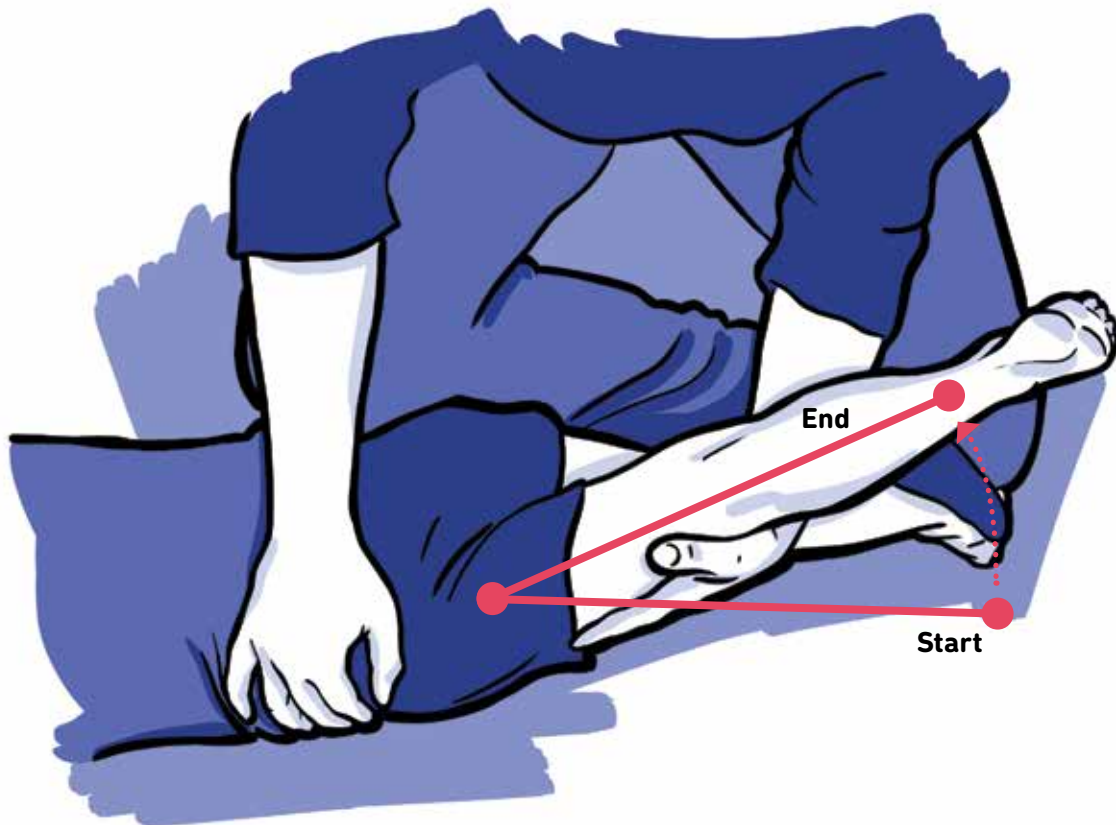
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# AT-HOME PHYSICAL THERAPY EXERCISES

## Elongation of the Iliotibial Band

- 1 Start with your child lying on his stomach with his legs straight. You will be stretching the iliotibial (IT) band on the outside of the leg opposite to the side you are sitting.
- 2 Push down on his hip with one hand. Rest his leg over your forearm and hold at his knee with your other hand.
- 3 Keeping the leg straight, gently raise his leg off the surface 1-2 inches and pull it toward you. He should feel a gentle stretch on the outside of his leg.

**Hold for 30 seconds. Repeat 2 times on each leg.**



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# AT-HOME PHYSICAL THERAPY EXERCISES

## Myofascial Release for the Iliotibial Band

- 1 Have your child lie on his side with his legs straight. Using three or four fingers on his bare skin, place your hand near his hip.
- 2 Gently but firmly allow your hand to glide down the side of his leg. Move with one continuous motion all the way down the leg and off the bottom of his toes. You should feel gentle traction between your fingers and his skin as your hand glides.

**Repeat 5-6 times on each leg.**



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# AT-HOME PHYSICAL THERAPY EXERCISES

## Elongation of the Hip Flexors

Encourage your child to lie on his belly, propped on bent elbows, as shown. This should be done on a firm surface where his feet can hang off the edge to help straighten his knees. He can do homework, watch TV, or play games in this position.



- 1 Start with your child lying on his stomach with legs straight. Push down on the hip with one hand. With the knee bent, hold under the thigh with your other hand.
- 2 Gently lift the leg 1-2 inches off the surface until he feels a stretch in the front of his hip and thigh.

**Hold for 30 seconds. Repeat 2 times on each leg.**



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# AT-HOME PHYSICAL THERAPY EXERCISES

## Elongation of the Hip Flexors

- 1 Start with your child sitting on the edge of a firm surface, hugging one knee tight to his chest.



- 2 Have him lie down, keeping the knee hugged to his chest. Let the opposite leg relax and hang over the edge. Be sure that his back stays flat on the surface and does not arch. Help him keep his back flat by holding the bent knee close to his chest. Watch the leg hanging over the edge to make sure it doesn't go out to the side. If it does, gently bring it back toward the middle. He should feel the stretch in the hip of the leg hanging down.

**Hold for 30 seconds. Repeat 2 times on each leg.**

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# AT-HOME PHYSICAL THERAPY EXERCISES

## Forearm Stretch



Have your child sit with his hands in the prayer position, with palms pressed together and fingers as straight as possible. His wrists should be bent as close to 90 degrees as possible. He should feel a gentle stretch in his forearms and hands.

**Hold for at least 1 minute.**



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# AT-HOME PHYSICAL THERAPY EXERCISES

## Elongation of the Pectoral Muscles

Have your child lie on his back with his arms out like a goal post. His hands should face toward the ceiling and his arms should be flat on the surface. He should feel a gentle stretch on the front of his chest.

**Hold for 1 minute.**



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## Elbow Flexors Stretch

While your child is sitting, hold the back of his elbow with one hand. With your other hand, apply slight pressure at the wrist to straighten his elbow. He should feel a light stretch at the front of his arm.

**Hold for 30 seconds. Repeat 2 times on each arm.**



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## Forearm Pronators Stretch

- 1 While your child is sitting, hold at the back of his elbow with one hand. Use this hand to keep his elbow bent to 90 degrees and tucked close to his side.
- 2 With your other hand, hold around the wrist and gently turn his palm toward the ceiling.

**Hold for 30 seconds. Repeat 2 times on each arm.**



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# AT-HOME PHYSICAL THERAPY EXERCISES

## Seated Push-up

Tell your child: Sit with arms at your sides. Straighten your elbows and push up through your shoulders to lift your bottom up as much as possible.

**Hold for 10 counts. Repeat 5 times.**



To learn more about DMD, visit [mda.org](http://mda.org) or contact the MDA National Resource Center at 833-ASK-MDA1 (275-6321).