



Muscular

Dystrophy

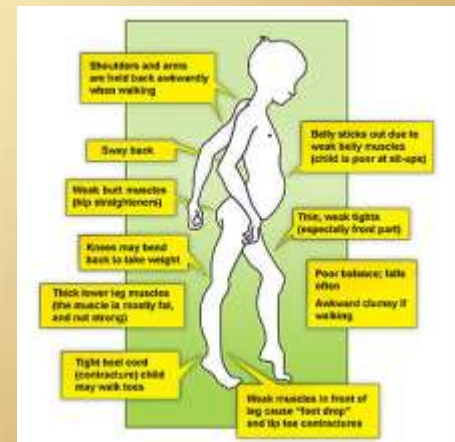
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What is Muscular Dystrophy?

- Group of genetic degenerative diseases affecting voluntary muscles
- They cause muscles to become gradually weaker
- There are more than 30 types of the disease
- Duchenne muscular dystrophy is the most widespread
- It affects 1 out of every 3,500 baby boys
- Primarily effects boys, but girls can be carriers and show no symptoms

Causes

- Because it is a genetic disease, babies are born with it
- An absence of dystrophin, a protein that helps keep muscle cells intact
- Onset – early childhood – about 2 to 6 years
- It often occurs in people without a known family history of the condition.



Treatment

- No cure
- Therapies
- Medications
- Contractures
- Spinal Fusion
- Ventilation



Effects on the Child

- Child appears normally functioning at first
- Muscle weakness, progressive difficulty walking and by age 12, most patients are confined to a wheelchair
- Subtle and complex cognitive and behavioral deficits, or learning disabilities
- Dependent on others
- Depression

What to do as a Teacher

- A supportive relationship with the teacher can allow discussion of feelings in a non-threatening environment.
- Open communication with family
- Often are absent to receive care for their disease
- Should have IEP



Physical Education Class

- Child may use braces, manual wheelchair, or a motorized wheelchair
- Become tired easily
- In P.E. class use modified games ,Ex/ have a student push the child in a wheelchair and have another student bat for the child
- Avoid activities that can't be done
- Allow student to suggest ways of participating



More Information

- Muscular Dystrophy Association
~ www.mda.org
- Crotched Mountain – Greenfield, NH
~ Accessible Trail System
~ Aquatic Therapies
- MDA – Manchester, NH
- MD Family Foundation
~ www.mdff.org
- Cureduchenne.org
- <http://www.youtube.com/watch?v=I2f2avqISWk>

