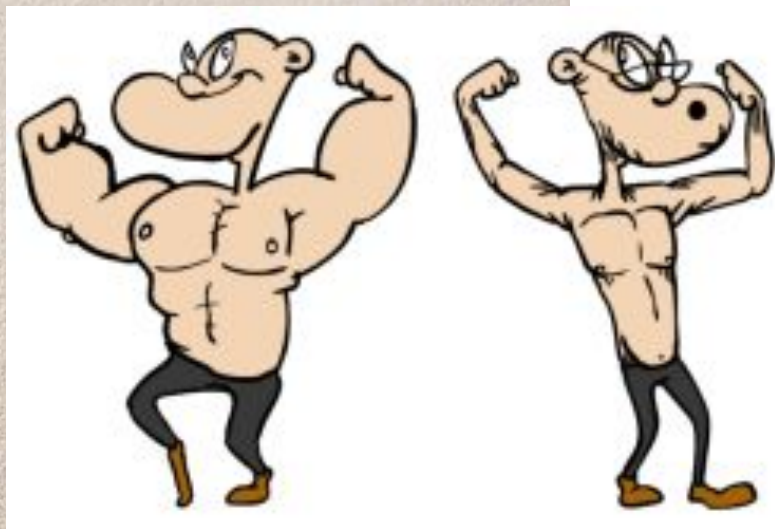

Therapy and SMA

— Melissa Dermody, PT —

Use It

Lose It



Use It Or Lose It

Use It

+ SMA Therapies

Use It

And Improve It!!



Therapy is very important

- Work towards maximizing potential, improving function and goals
- Work with therapists to design a program that is right for you

What can you do?

* Overview of some things to think about



#1 Get moving

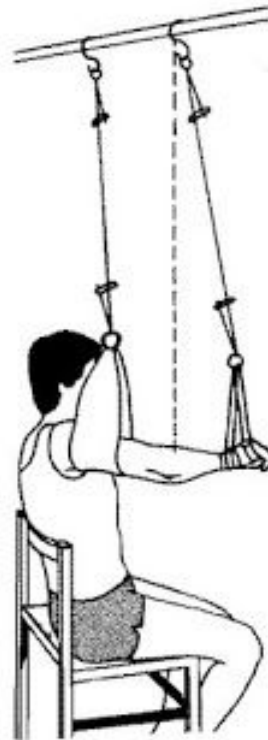


#1 Get moving - Tummy Time!



#1 Get moving - Strengthening

What does that look like for you?



#1 Get moving - Aerobic



#1 Get moving - Daily Activities



Eating



Bathing



Dressing



Transferring



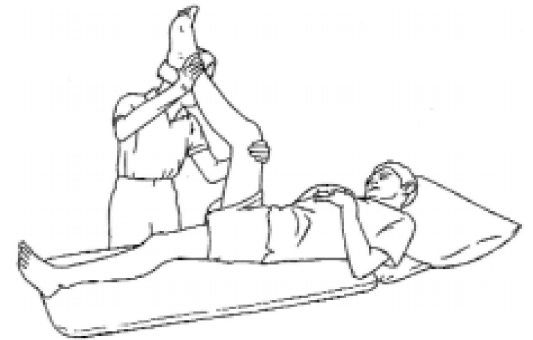
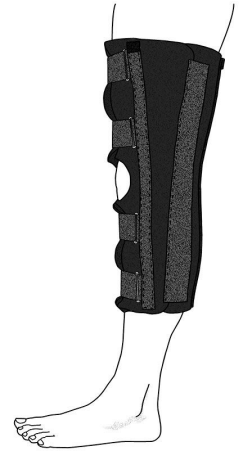
Toileting



Walking or
moving around

#2 Keep your flexibility

- Daily stretching program
 - Hips, knees, ankles, wrists, elbows, neck
- Use equipment for prolonged stretch
 - AFOs
 - Knee immobilizers
 - Standing frames



#3 Spine - Minimize the impact of scoliosis

- Trunk strength and spine flexibility are extremely important
- Think positioning 24 hours a day
- Use equipment to maintain alignment



#4 Get equipment early

- For positioning, maintaining flexibility, mobility, independence



#5 Get into the pool



Aim to do a little more every day

