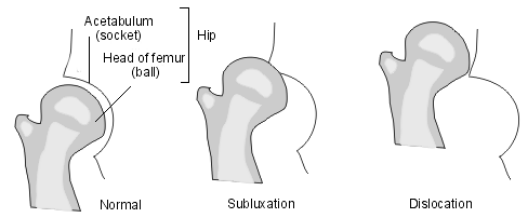


Hips in Spinal Muscular Atrophy

- Many children with SMA will develop hip subluxation or dislocation
- This happens because of muscle weakness and poor joint development. It is associated with scoliosis



What can you do?

- ☐ Tummy Time
 - ☐ When your child is young, find ways for them to stretch their hips by lying on their tummies
 - ☐ This could be on the ground or on you
- ☐ Stretch the front of the hips
 - ☐ Continue to spend time lying on your tummy as you get older (as possible)
 - ☐ Have help to stretch the front of your hips when lying on your side
 - ☐ Hold stretch for 60 seconds
 - ☐ 3x/leg
 - ☐ Daily
- ☐ Use a standing frame
 - ☐ Position legs in a wide position if possible (just outside shoulder width)
 - ☐ 60 minutes/day (or more)
- ☐ Strengthen muscles
 - ☐ Work with your physiotherapist to develop a program to strengthen hip muscles (glute max, glute min and abductors)
 - ☐ Exercises may look like this:

