

Welcome Galaxy Defender!

My name is Captain Jack and I'm here to help you with your stretches. Doing your stretches regularly can help keep you moving so that you can continue to have fun adventures with your friends.

Remember, together, the Galaxy Defenders can take on anything!



Information for parents and carers

- This pack contains information on how to perform some of the stretches your physiotherapist has recommended for your child
- Some of the stretches can be carried out by your child independently, although supervision is recommended at all times. Other stretches will require your active assistance
- Each stretch is on a separate card. Your physiotherapist will advise how to combine the cards into a personalised stretching programme for your child
- The stretching programme can be carried out at home. It should be reviewed regularly by a physiotherapist to make sure it continues to meet your child's changing needs
- Your physiotherapist may also have recommended other stretches that are not included in this pack
- You should always consult your physiotherapist for any specific advice and questions you or your child may have



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Produced in association with Lindsey Pallant, Clinical Specialist Physiotherapist, Paediatric Neuromuscular Team, Leeds General Infirmary, with advice from the Association of Paediatric Chartered Physiotherapists – Neuromuscular Committee; developed and funded by PTC Therapeutics.

This material is intended for children who have been diagnosed with Duchenne muscular dystrophy.

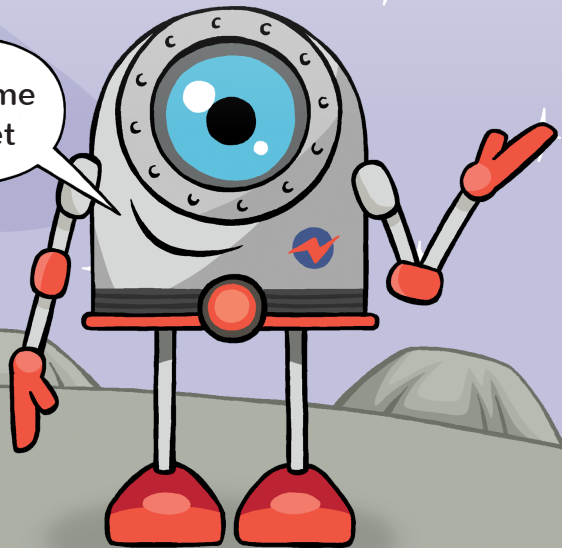
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Introducing Ratchet

I've asked my friend Ratchet to help with your stretches. He will help with hints and tips.



Hi, my name is Ratchet





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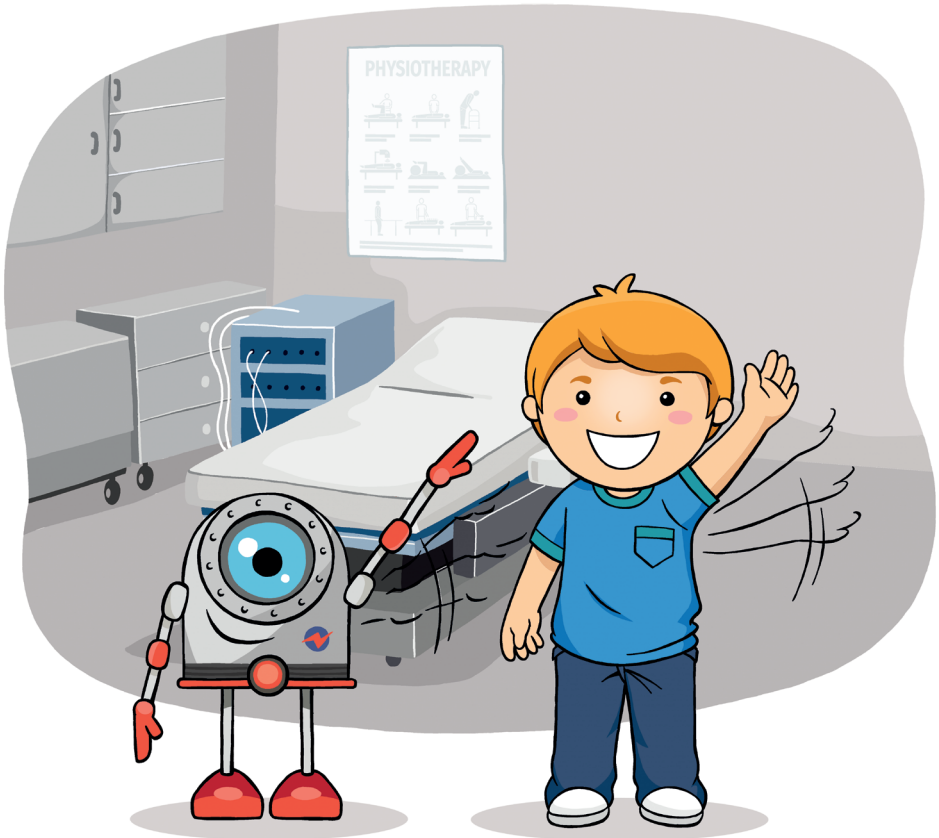
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Why is stretching important?

Stretching is important because it helps to keep your muscles and joints flexible. This helps you to move around more easily.

FACT

When muscles get weaker they can lose their stretchiness. Your legs and arms may feel stiff.





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Daily stretching challenge

Your physiotherapist will have shown you which stretches to do (every day!). This pack contains information you need to help take on your daily stretching challenge.

Stretching cards

These cards remind you how to do your stretches.

Remember, for some stretches you'll need someone to help!

Stretching diary

Put a tick on the chart every time you finish a stretch.

Stickers

Done your stretches every day for a week?

Give yourself a sticker!



Your personal physiotherapy programme

- The stretches in this pack are part of the programme your physiotherapist has recommended just for you
- They may have also recommended other stretches that are not included here
- Always ask your physiotherapist if you have any questions about your stretches



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Top tips

TIP 1

Warm muscles stretch more easily and stretching will be more comfortable. Warm up your muscles by walking around or by lifting your arms and legs up and down. If this is difficult for you then ask for help

TIP 2

Your muscles might feel a bit different while you are stretching, but the stretches shouldn't be painful! If anything hurts, tell an adult and they can stop or relax the stretch so it doesn't hurt any more

TIP 3

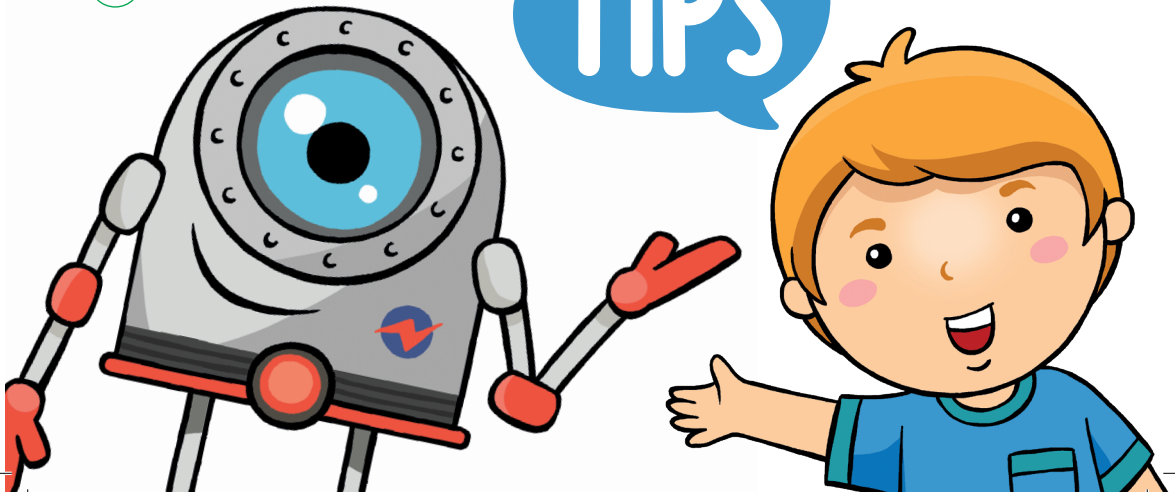
Your physiotherapist can show you how far to take each stretch - be careful not to overdo it

TIP 4

Stretches don't need to be boring. You can read a book or play a game while you do them

TOP

TIPS





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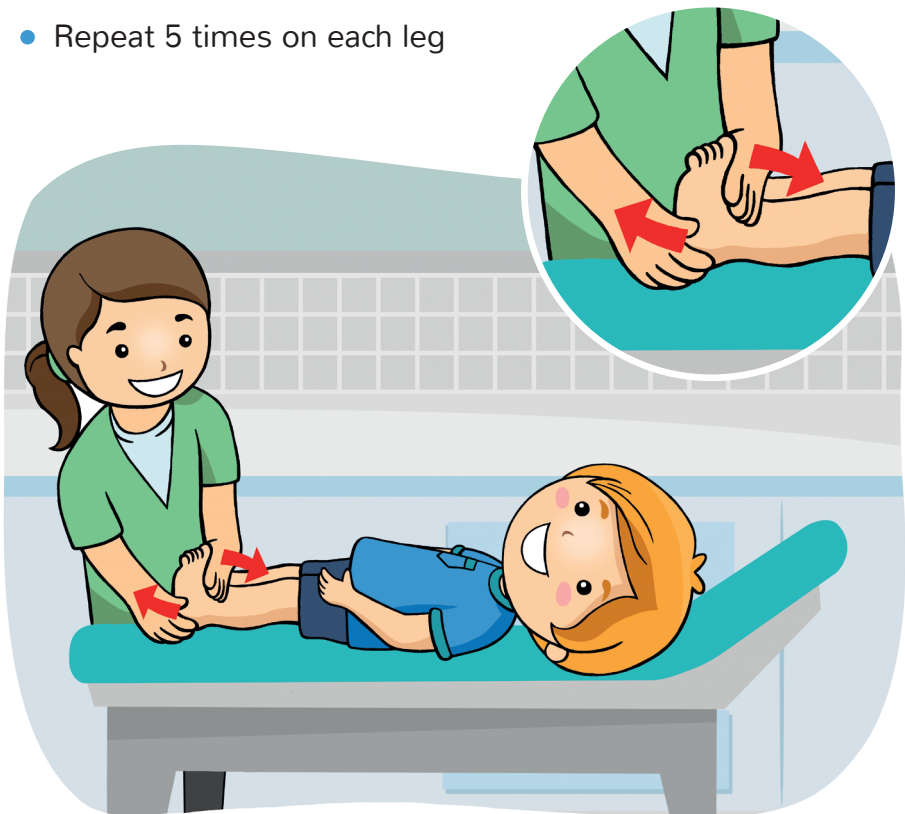
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Foot and ankle stretch with help

Give this stretching card to the adult helping you with this stretch

- Start with the child sitting or lying on their back with their legs out straight
- Hold the heel in the palm of your hand and pull it towards you – as if you are trying to make the leg longer
- With your forearm or other hand, push the foot upwards as far as possible towards the shin bone
- Hold it there for 10-20 seconds
- Repeat 5 times on each leg





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Foot and ankle stretch against wall

- Stand facing a wall and take a step towards it
- Rest your hands on the wall
- Keep your back leg straight, your toes pointing to the wall, and your heels on the floor
- Lean towards the wall, keeping your bottom tucked in, until you can feel a stretch in your back leg
- Count slowly to 20, then relax
- Do this stretch 5 times on each leg, swapping legs each time





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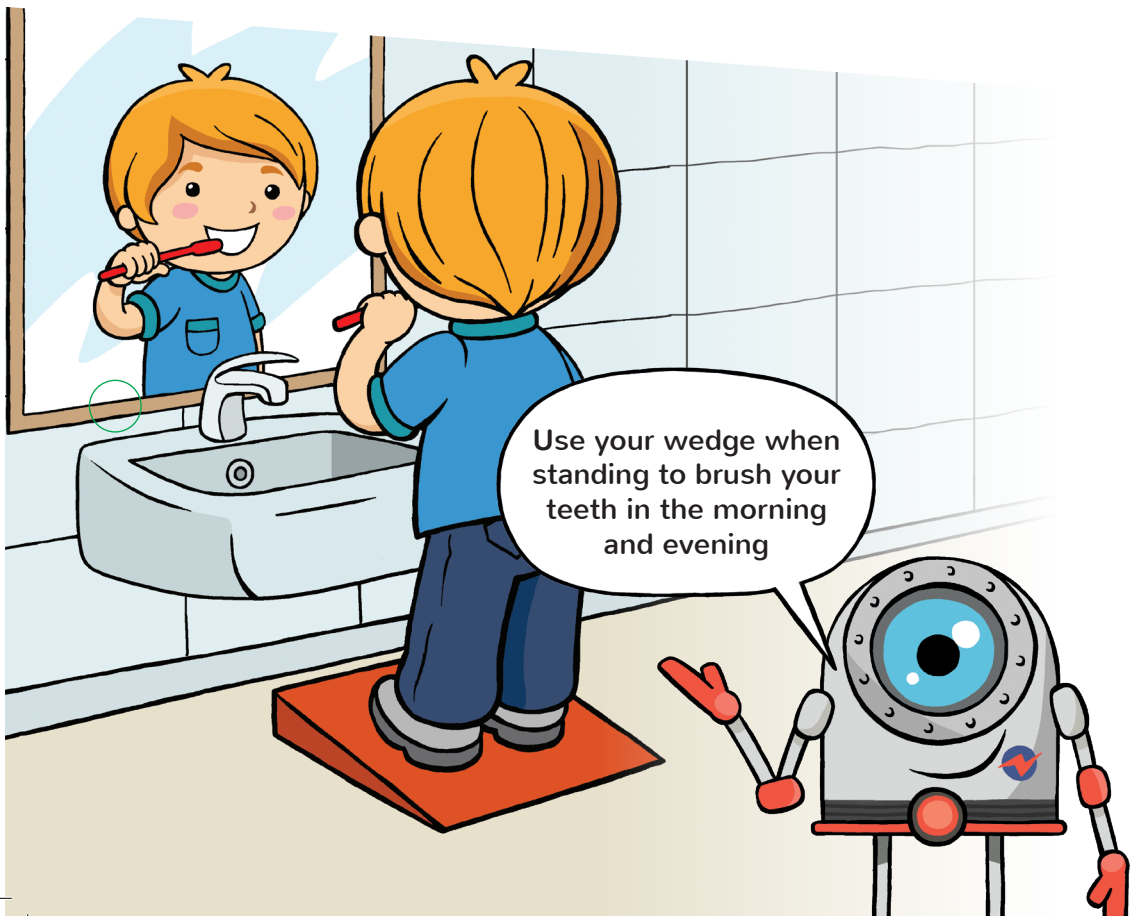
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Foot and ankle stretch with standing wedge

- Standing on your wedge gives your feet and ankles a stretch
- Make sure an adult is watching when you use your standing wedge

TIP

Standing at a table to play for 15-20 minutes can be a good way to have a long stretch while having fun!





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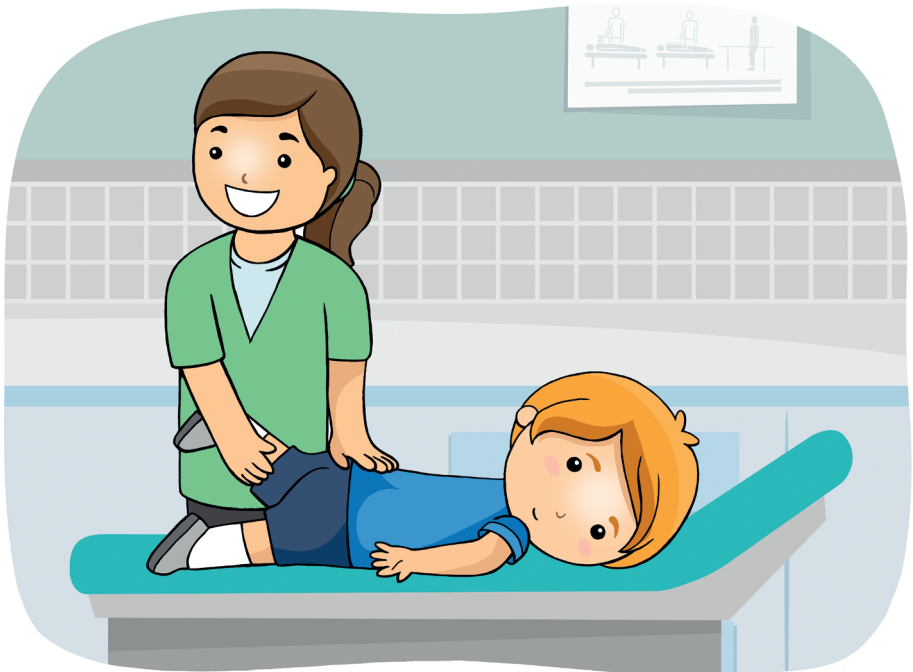
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Upwards hip stretch with help

Give this stretching card to the adult helping you with this stretch

- Start with the child lying on their tummy
- Place one hand on the child's bottom and push downwards to keep the hip bone still
- Use your other hand to grasp underneath the thigh, and lift the leg up until you feel some resistance
- Hold for 10-20 seconds
- Repeat 5 times on each leg





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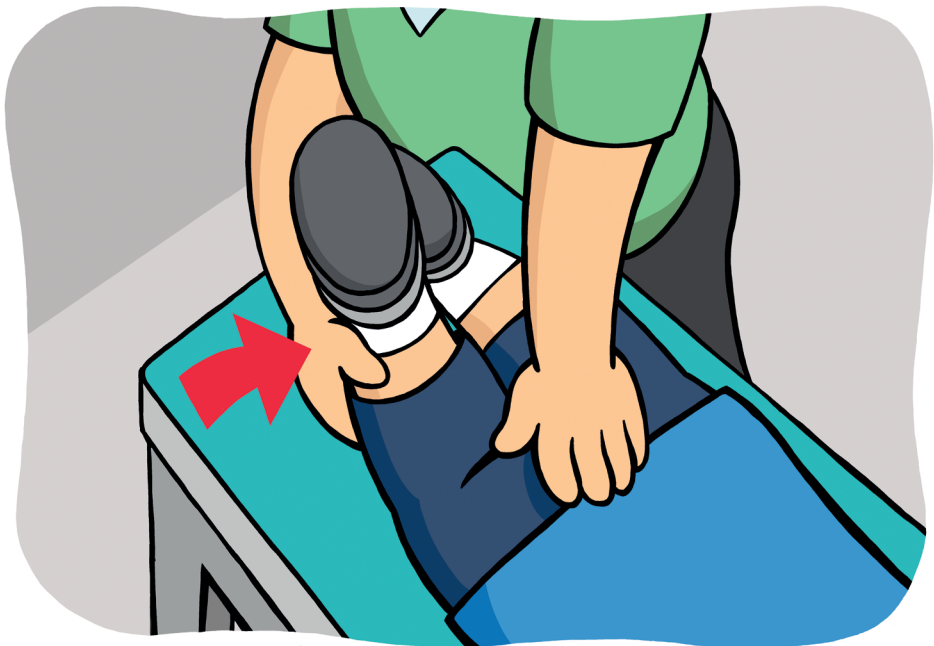
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Sideways hip stretch with help

Give this stretching card to the adult helping you with this stretch

- Start with the child lying on their tummy
- Place one hand on the child's bottom and push downwards to keep the hip bone still
- Use your other hand to grasp underneath the thigh
- Lift the leg up and then pull it towards you, across the midline towards the other leg
- Hold for 10-20 seconds
- Repeat 5 times on each leg





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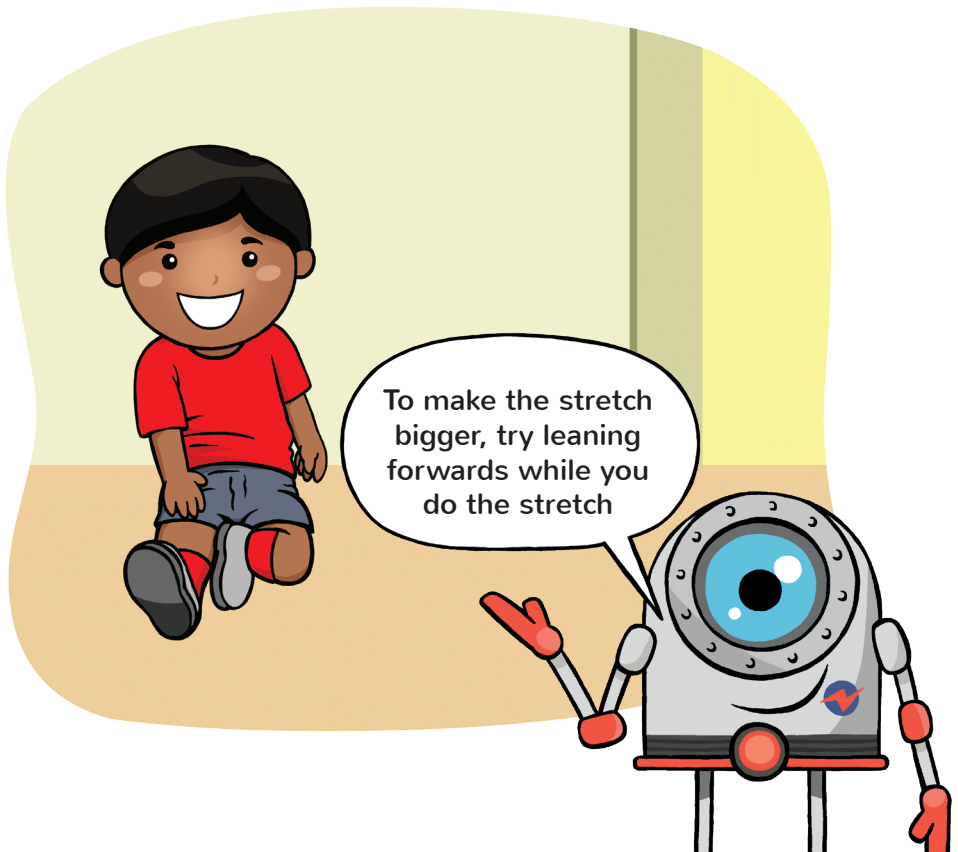
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Knee stretch

- Sit on the floor with your back nice and straight against the wall
- Stretch one leg out in front of you – keep your knee as straight as possible and point your toes to the ceiling
- Tuck your other foot against the top part of your straight leg
- Sit in this position while you count slowly to 20
- Do the stretch again, starting with the other leg out in front
- Do this stretch 5 times on each leg





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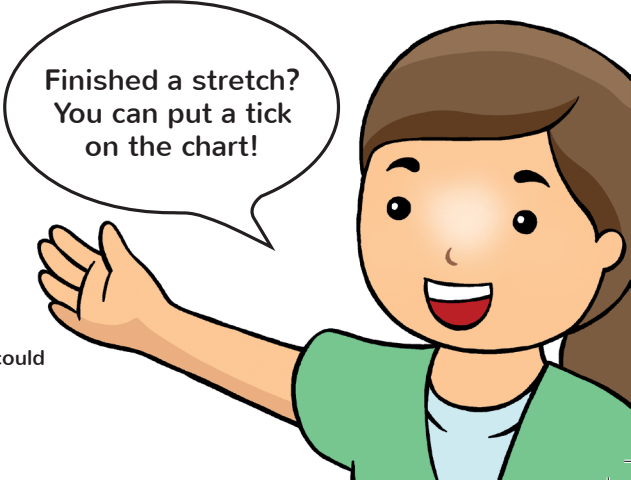
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Stretching diary

Fill in the top row with the names of your stretches

Name of stretch:				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Finished a stretch?
You can put a tick
on the chart!

If you need additional pages you could photocopy this page



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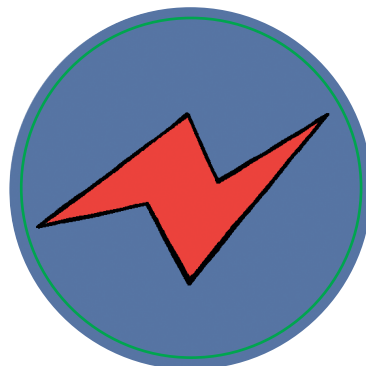
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How many stickers can you get?

If you've done your stretches every day for a week you can give yourself a sticker from this page.



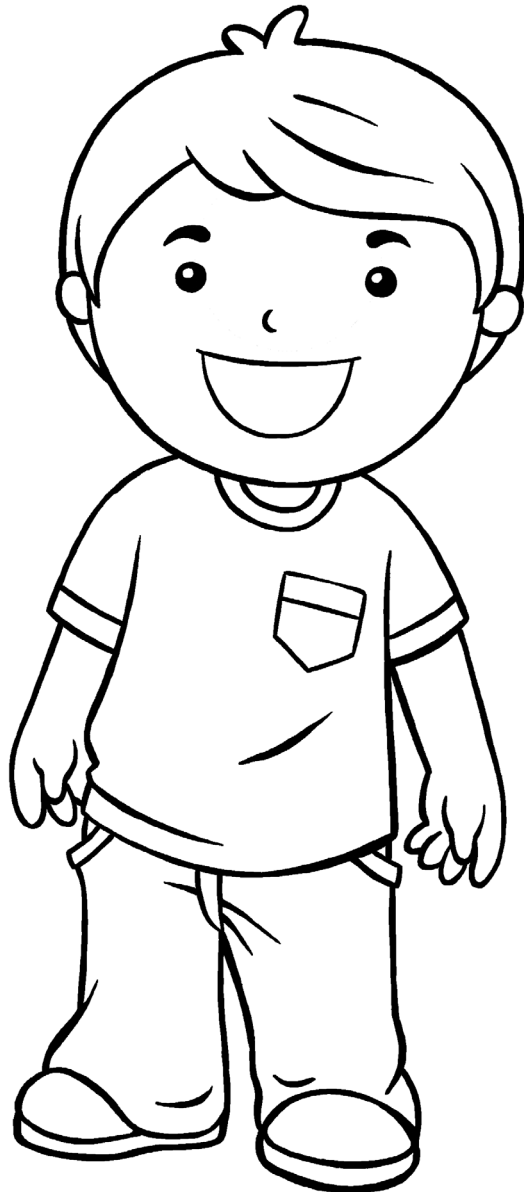
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Can you colour in Jon?





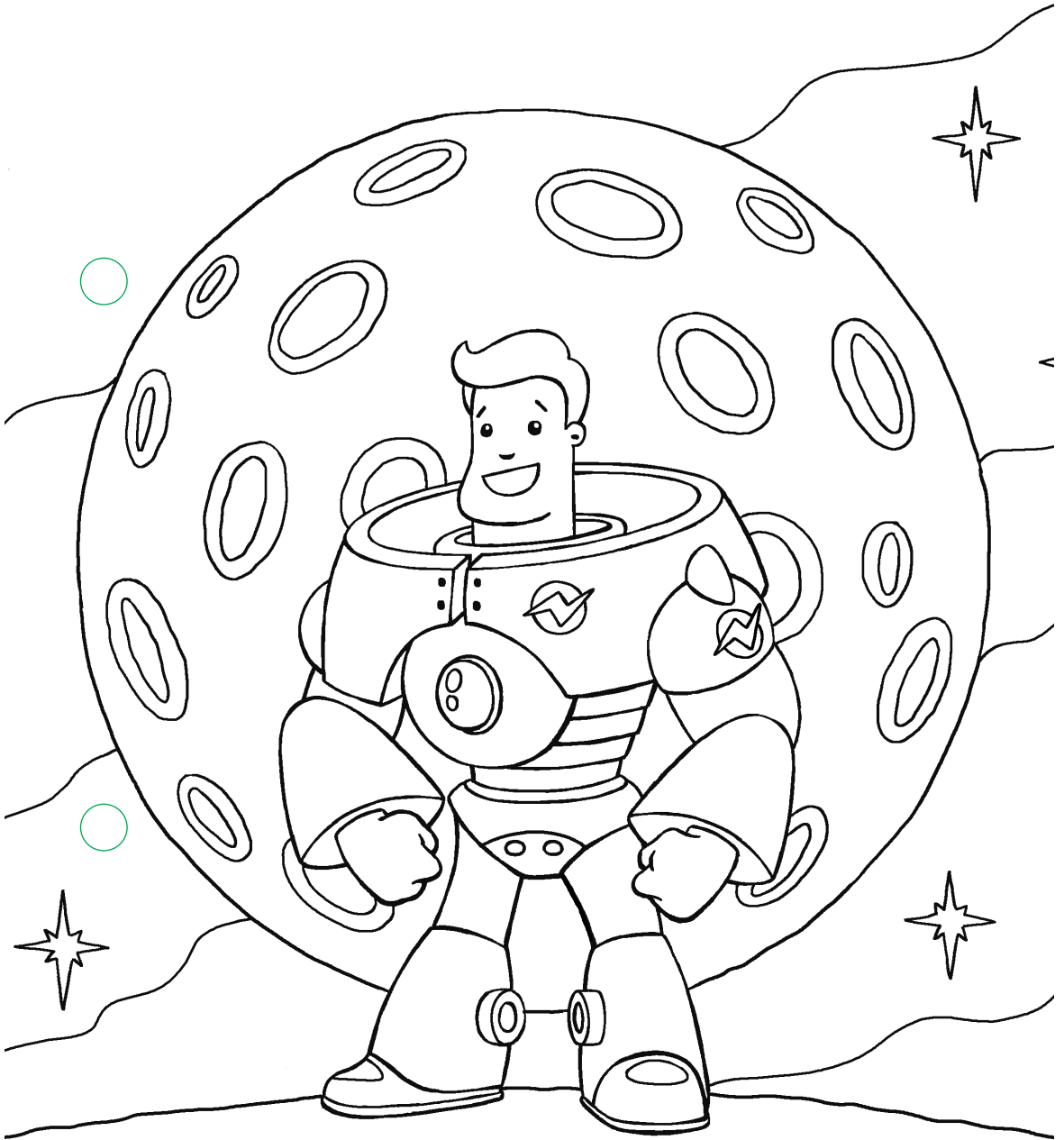
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Can you colour in Captain Jack?





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Parents and carers

Stay on top of stretching sessions –
and more – with a handy app



DUCHENNE AND ME is a FREE APP built to help you and your child record your daily activities while living with Duchenne.



With the app, you and your child can:

- Set daily stretching reminders
- Keep track of physio appointments
- Record details and even videos of your stretching sessions

It also lets you:

- Track medical information
- Set appointment and medication reminders
- Ask questions about Duchenne



Find the app on your app store of choice, or download it from the DUCHENNE AND ME website – just point your camera at the QR code above to get started.

On iOS 11+, open your camera app and hover above this symbol.
On iOS 10 (or earlier) and Android, open your QR app of choice and hover above this symbol.



This app is intended to help support your or your child's condition. If you have any questions about your or your child's condition or treatment you should always discuss these with your or your child's healthcare professional. DUCHENNE AND ME was developed by PTC Therapeutics as a service to patients and their families with Duchenne.



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