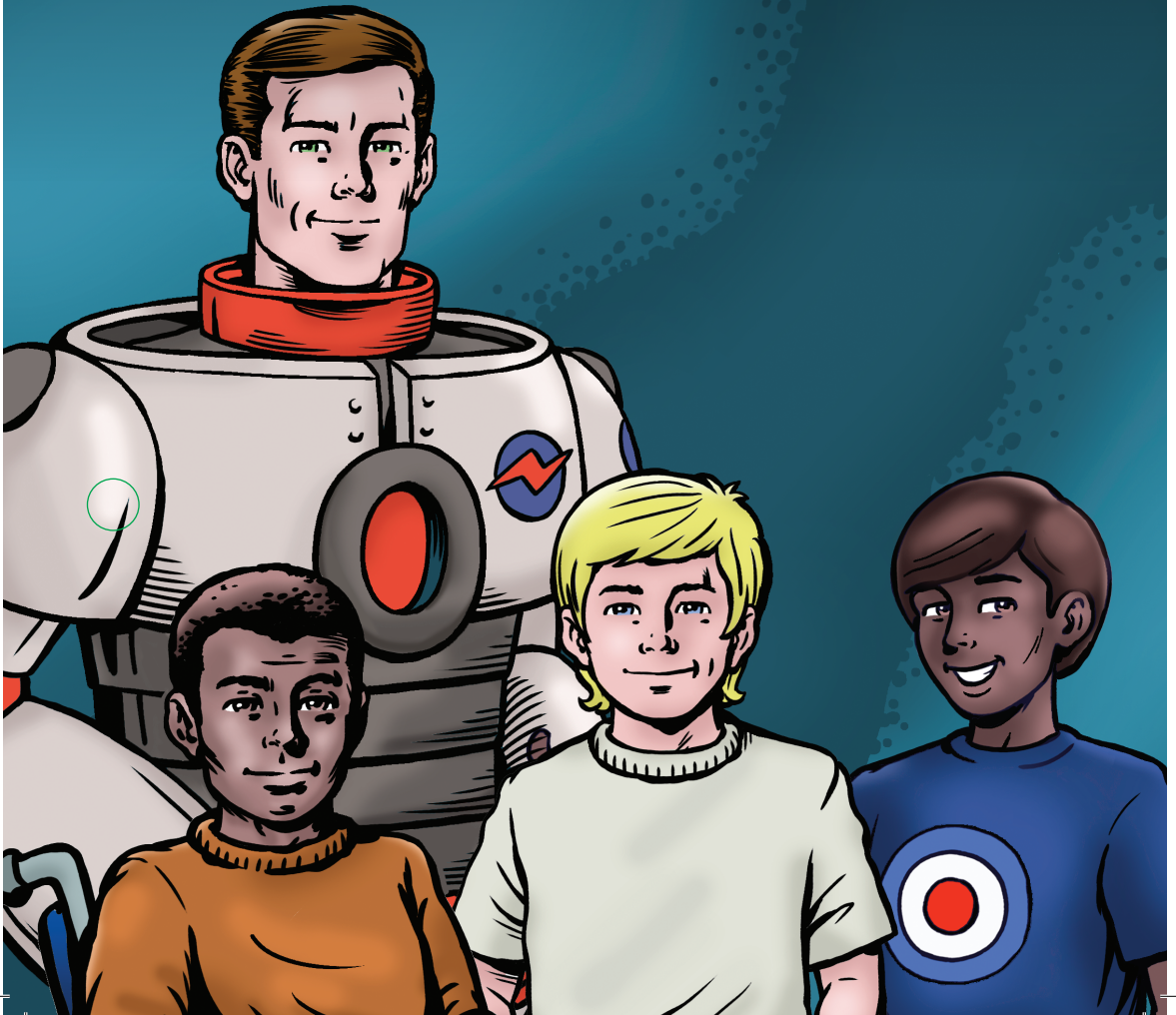


# WELCOME GALAXY DEFENDER!

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 AND SCHOOL. 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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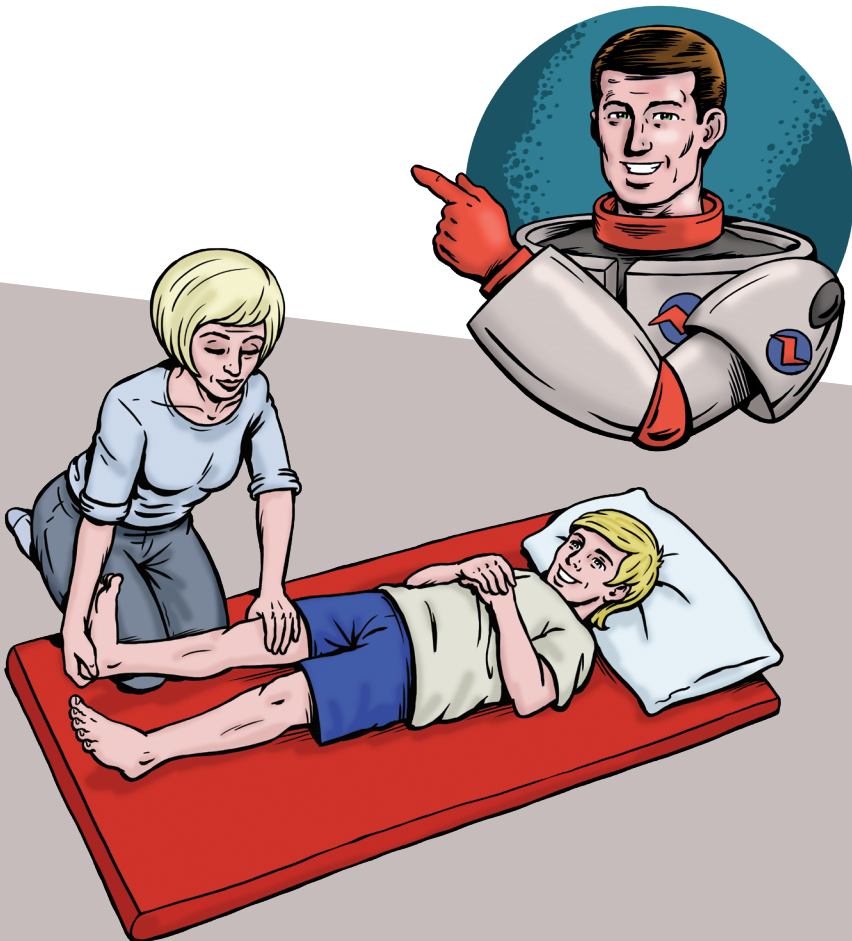
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# WHY IS STRETCHING IMPORTANT?

STRETCHING IS IMPORTANT BECAUSE IT HELPS TO KEEP YOUR MUSCLES AND JOINTS FLEXIBLE. THIS HELPS YOU TO MOVE AROUND MORE EASILY.

## FACT

WHEN MUSCLES WEAKEN THEY CAN LOSE THEIR STRETCHINESS. THE JOINTS NEARBY CAN BECOME STIFF AND TIGHT.





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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

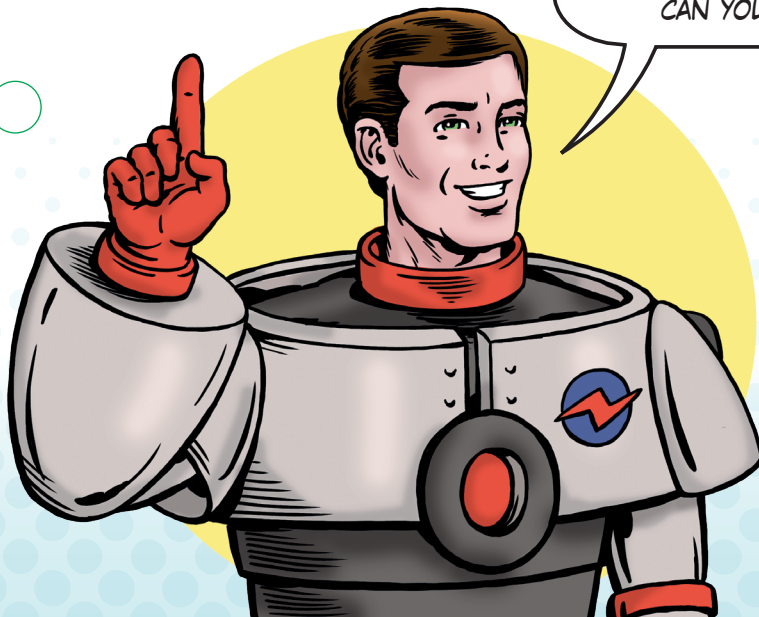
THESE CARDS REMIND YOU HOW TO DO YOUR STRETCHES. REMEMBER, FOR SOME STRETCHES YOU'LL NEED SOMEONE TO HELP!

## 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, STOP AND TELL AN ADULT

## 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

## TIP 5

LISTENING TO MUSIC IS ALSO A GOOD WAY TO RELAX WHILE STRETCHING. EACH GROUP OF STRETCHES SHOULD TAKE AROUND 3 MINUTES - ABOUT THE SAME AS A TYPICAL MUSIC TRACK

THESE TIPS WILL HELP YOU WITH YOUR STRETCHES





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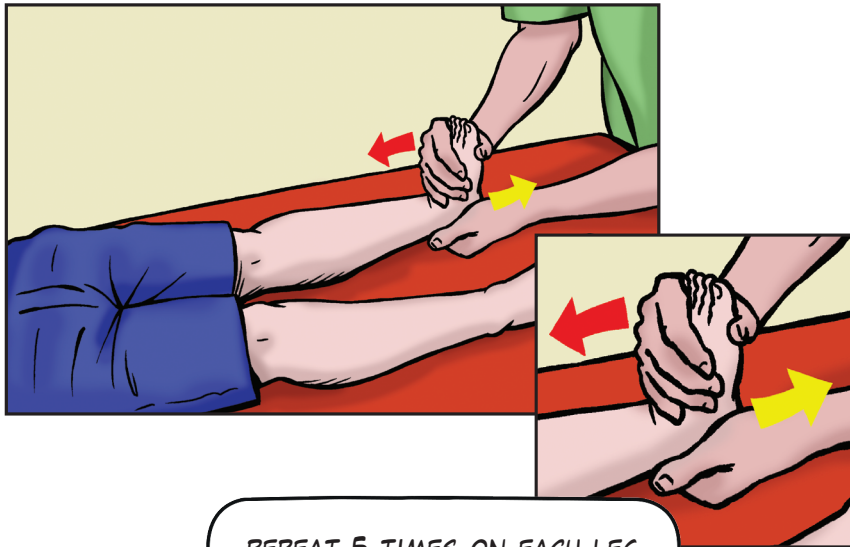
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# FOOT AND ANKLE STRETCH WITH HELP

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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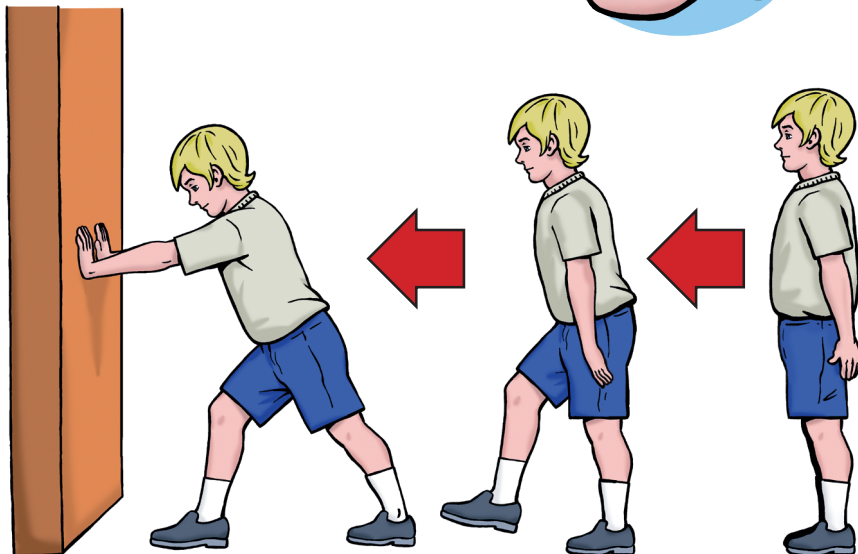
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# FOOT AND ANKLE STRETCH AGAINST WALL

- 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, ALTERNATING LEGS EACH TIME





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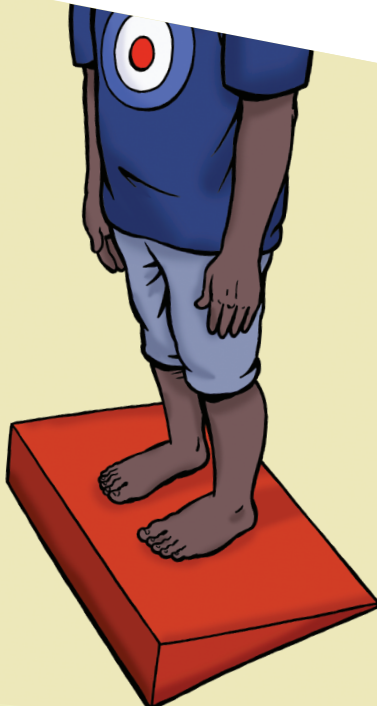
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# FOOT AND ANKLE STRETCH WITH STANDING WEDGE

- STANDING ON YOUR WEDGE GIVES YOUR FEET AND ANKLES A STRETCH
- TRY STANDING ON YOUR WEDGE FOR 15-20 MINUTES WHILE YOU WATCH TV, PLAY A GAME OR READ AT A TABLE

TIP

USE YOUR WEDGE WHILE STANDING TO CLEAN YOUR TEETH IN THE MORNING AND EVENING



HAVE SOMEONE IN THE ROOM TO CHAT TO WHILE YOU DO THIS STRETCH





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# FOOT AND ANKLE STRETCH USING STEP

START BY FACING A STAIRCASE



MAKE SURE SOMEONE IS NEARBY  
WHILE YOU DO THIS STRETCH

- STAND ON THE BOTTOM STEP AND HOLD ON TIGHTLY TO THE RAILS
- SHUFFLE YOUR FEET BACKWARDS SO YOUR HEELS ARE HANGING OFF THE EDGE OF THE STEP



- LOWER YOUR HEELS DOWN AS FAR AS YOU CAN
- KEEP YOUR BOTTOM TUCKED IN AND YOUR BODY UP STRAIGHT
- COUNT TO 10, THEN GENTLY RAISE YOUR HEELS UP



DO THIS STRETCH 5 TIMES



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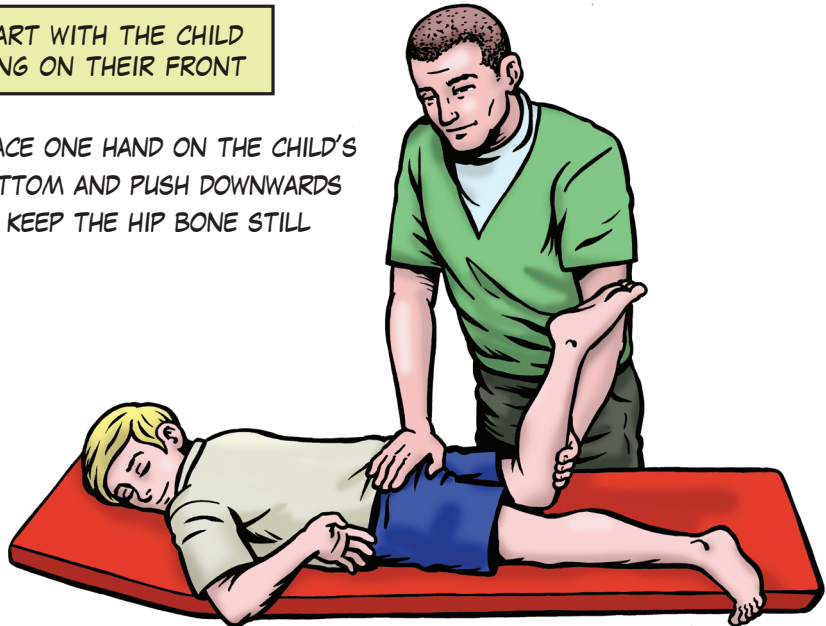


# UPWARDS HIP STRETCH WITH HELP

GIVE THIS STRETCHING CARD TO THE ADULT HELPING YOU WITH THIS STRETCH

START WITH THE CHILD LYING ON THEIR FRONT

- PLACE ONE HAND ON THE CHILD'S BOTTOM AND PUSH DOWNWARDS TO KEEP THE HIP BONE STILL



- ASK THE CHILD TO BEND THEIR KNEE UP
- USE YOUR OTHER HAND TO GRASP THE UNDERNEATH OF THE LEG...  
...AND LIFT IT UP TO STRETCH THE FRONT OF THE THIGH
- HOLD FOR 10-20 SECONDS

REPEAT 5 TIMES  
ON EACH LEG





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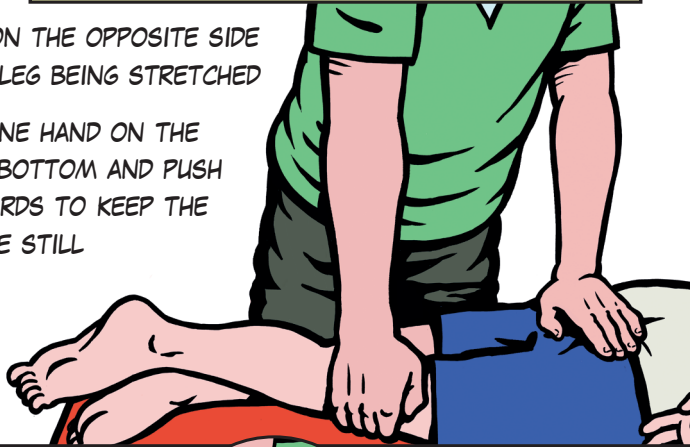
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# SIDEWAYS HIP STRETCH WITH HELP

GIVE THIS STRETCHING CARD TO THE ADULT HELPING YOU WITH THIS STRETCH

START WITH THE CHILD LYING ON THEIR FRONT

- STAND ON THE OPPOSITE SIDE TO THE LEG BEING STRETCHED
- PLACE ONE HAND ON THE CHILD'S BOTTOM AND PUSH DOWNWARDS TO KEEP THE HIP BONE STILL

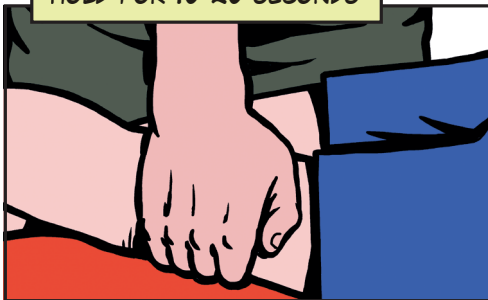


USE YOUR OTHER HAND TO GRASP UNDERNEATH THE THIGH AND LIFT THE LEG UP...



...AND THEN PULL IT TOWARDS YOU, ACROSS THE MIDLINE TOWARDS THE OTHER LEG

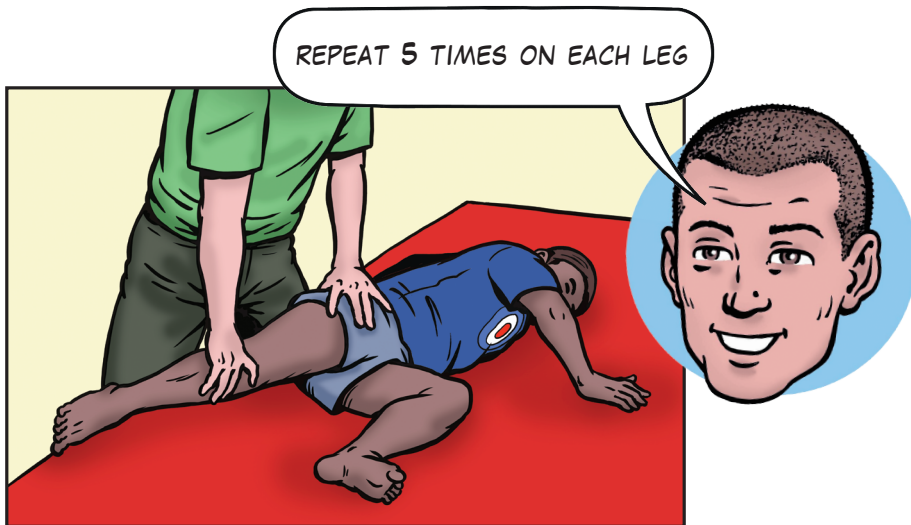
HOLD FOR 10-20 SECONDS



REPEAT 5 TIMES ON EACH LEG

# ALTERNATIVELY, TRY THIS VERSION OF THE SAME STRETCH:

- ASK THE CHILD TO LIE ON THEIR SIDE WITH THE LOWER LEG BENT AND THE LEG ON TOP STRAIGHT
- USE YOUR HAND AND KNEE TO STABILISE THE HIPS
- GENTLY MOVE THE UPPER LEG BACK AS FAR AS POSSIBLE
- APPLY FIRM DOWNWARD PRESSURE AT THE KNEE



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# KNEE STRETCH WITH HELP

GIVE THIS STRETCHING CARD TO THE ADULT HELPING YOU WITH THIS STRETCH

START WITH THE CHILD LYING ON THEIR BACK

- LIFT THE LEG INTO THE AIR, UNTIL IT'S AT ABOUT A RIGHT ANGLE FROM THE BED
- ASK THE CHILD TO STRAIGHTEN THEIR KNEE



- HOLD FOR 10-20 SECONDS



REPEAT 5 TIMES ON EACH LEG



THIS STRETCH TARGETS THE HAMSTRING MUSCLE. HAMSTRINGS HELP WITH STANDING, SO SHOULD ONLY BE STRETCHED IF PARTICULARLY TIGHT.



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# KNEE STRETCH

- SIT ON THE FLOOR WITH YOUR BACK 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



## TIP

TO MAKE THE STRETCH BIGGER, TRY LEANING FORWARDS WHILE YOU DO THE STRETCH

DO THIS STRETCH 5 TIMES ON EACH LEG





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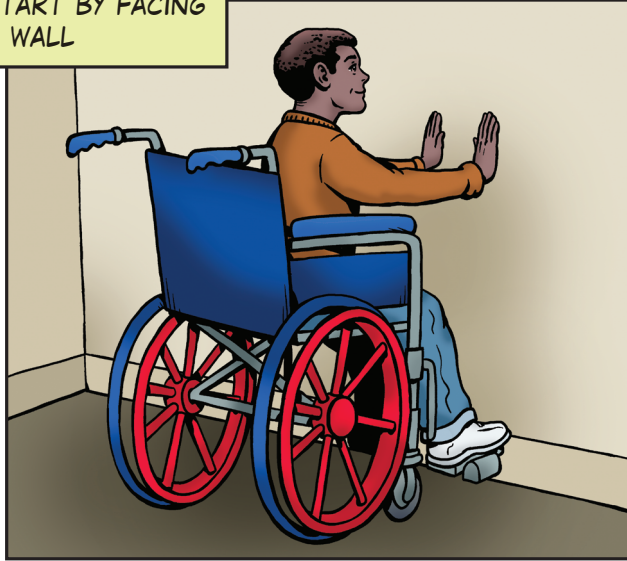
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# WRIST AND HAND STRETCH

START BY FACING  
A WALL



- HOLD YOUR ARMS OUT IN FRONT OF YOU AND SPREAD YOUR FINGERS WIDE
- PRESS YOUR HANDS AGAINST THE WALL, KEEPING YOUR FINGERS AS FLAT AGAINST THE WALL AS POSSIBLE
- STRAIGHTEN YOUR ELBOWS
- SLOWLY COUNT TO 10, THEN RELAX YOUR ARMS



**TIP**

START WITH YOUR HANDS HIGH UP,  
THEN BRING THEM LOWER DOWN  
TO INCREASE THE STRETCH

DO THIS STRETCH 5 TIMES



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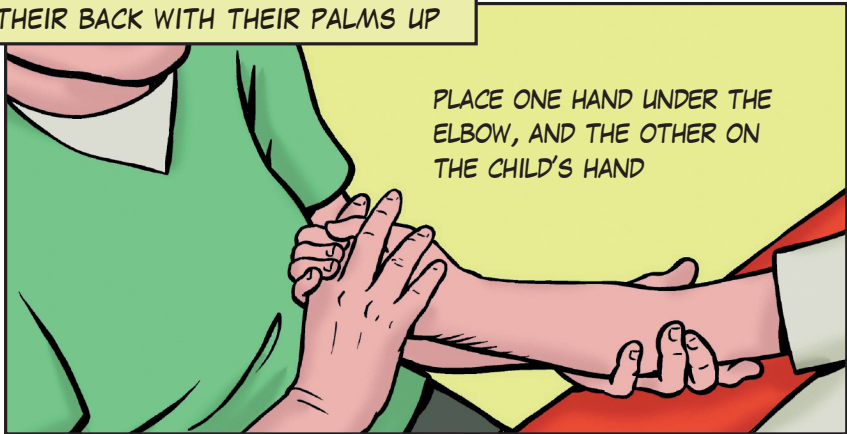
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# WRIST, ELBOW AND FINGER STRETCH WITH HELP

GIVE THIS STRETCHING CARD TO THE ADULT HELPING YOU WITH THIS STRETCH

START WITH THE CHILD LYING ON THEIR BACK WITH THEIR PALMS UP



- STRAIGHTEN THE ELBOW
- WITH THE ELBOW STRAIGHT, TAKE THE WRIST BACK AND HOLD THE FINGERS OPEN
- HOLD FOR 10-20 SECONDS



REPEAT 5 TIMES ON EACH ARM



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# SPINAL STRETCH

- MAKE SURE YOUR WAIST STRAP IS FASTENED
- STRETCH YOUR ARMS ABOVE YOUR HEAD
- BEND DOWN TO TOUCH YOUR TOES
- COME BACK UP TO A SITTING POSITION
- REPEAT 5 TIMES



- BEND YOUR BODY OVER TO THE RIGHT, AS IF YOU ARE LEANING OVER TO PICK SOMETHING UP, OR TO STROKE A PET
- COME BACK UP, THEN BEND OVER TO THE LEFT
- REPEAT 5 TIMES IN EACH DIRECTION



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# SPINAL ROTATION STRETCH

- MAKE SURE YOUR WAIST STRAP IS FASTENED
- FOLD YOUR ARMS IN FRONT OF YOUR CHEST
- TWIST YOUR BODY ROUND TO THE RIGHT, AS FAR AS YOU CAN GO
- COME BACK TO THE CENTRE, THEN TWIST ROUND AS FAR AS YOU CAN TO THE LEFT



REPEAT 5 TIMES IN  
EACH DIRECTION





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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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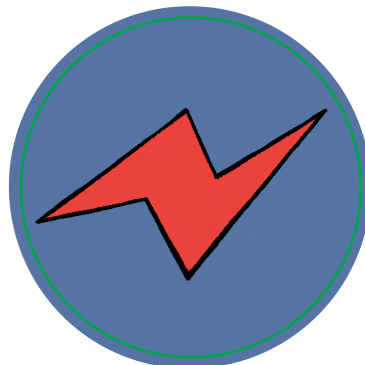
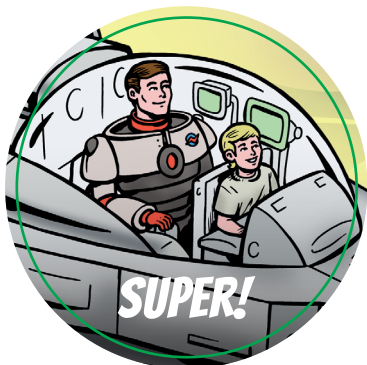
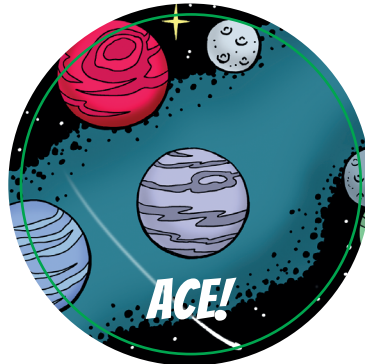
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# HOW MANY STICKERS CAN YOU GET?

IF YOU'VE DONE YOUR STRETCHES EVERY DAY FOR A WEEK YOU CAN GIVE YOURSELF A STICKER FROM THIS PAGE.



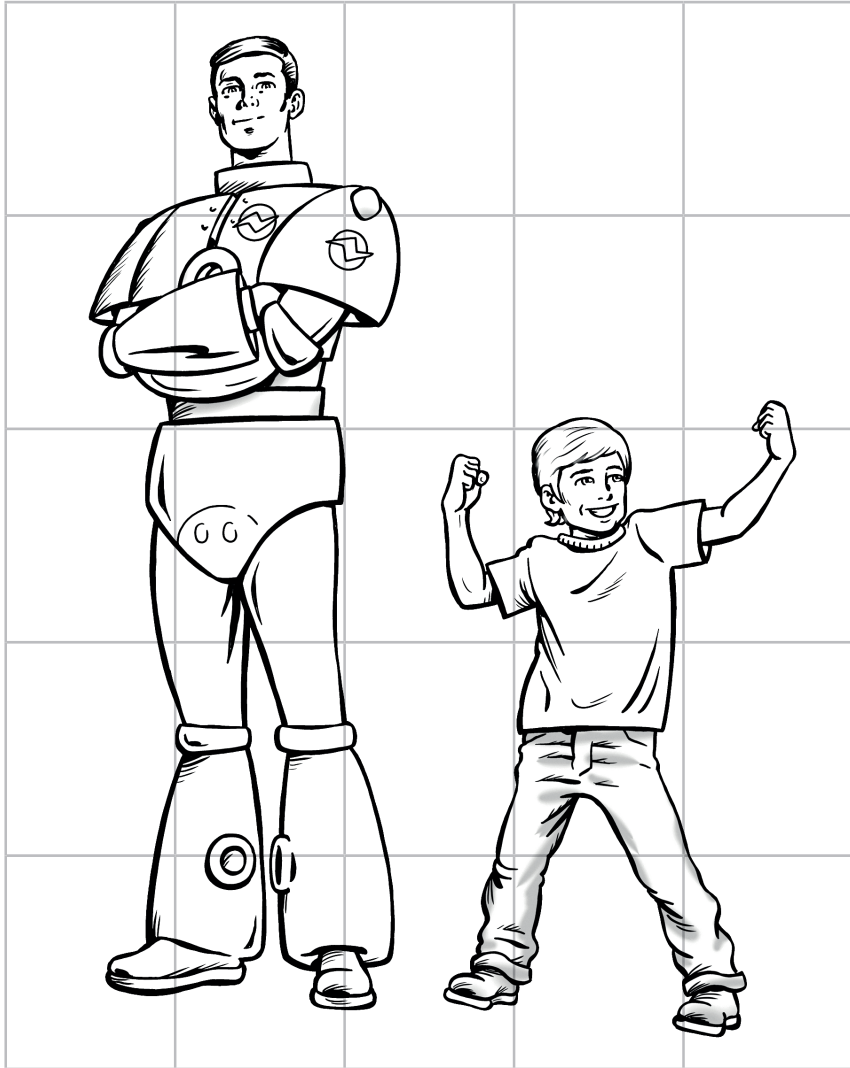
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# DRAW JON AND CAPTAIN JACK!



LEARN TO DRAW JON AND CAPTAIN JACK!  
COPY THIS DRAWING ON THE NEXT PAGE, USING THE GRID AS A GUIDE



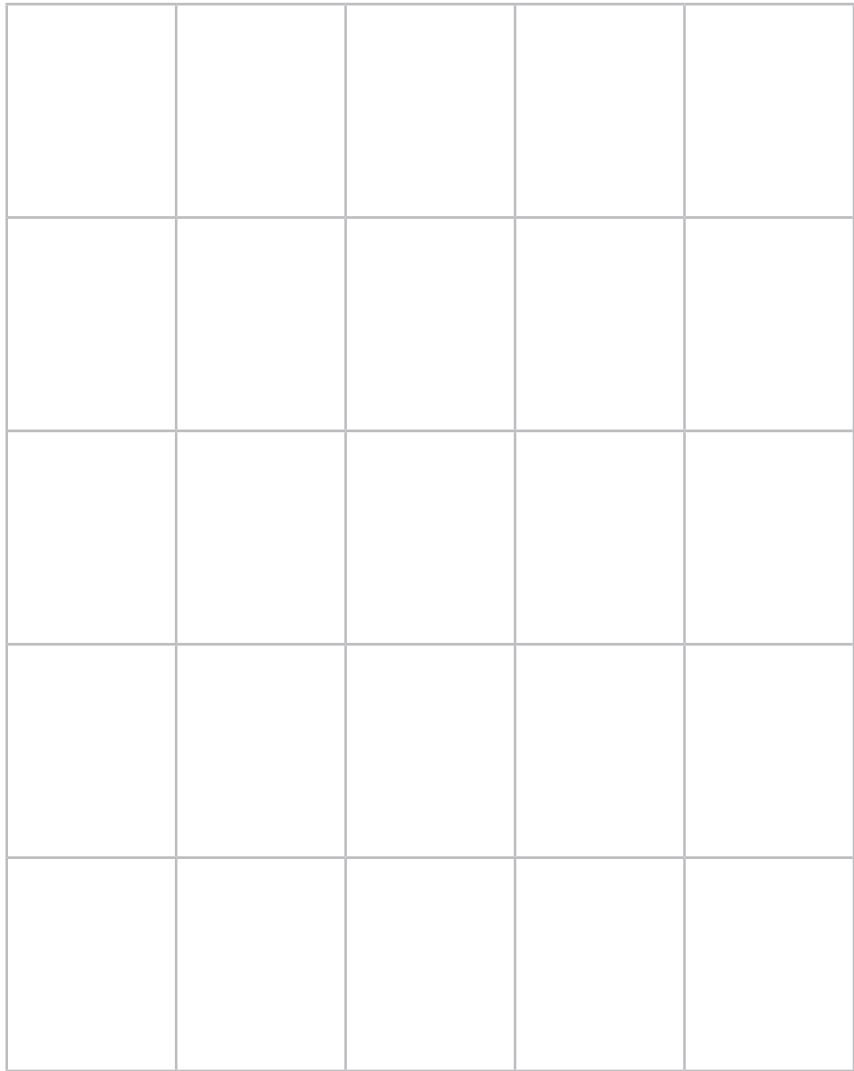
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# ***DRAW JON AND CAPTAIN JACK!***





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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 you 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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