

# THERAPEUTIC POSSIBILITIES OF KINESITHERAPY IN PROGRESSIVE MUSCULAR DYSTROPHY

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## OBJECTIVE

To determine the effectiveness of targeted kinesitherapy in patients with progressive muscular dystrophy.

## MATERIAL AND METHODS

A study was performed in 12 patients, mean age of  $45.1 \pm 5.8$  years with affected proximal muscle groups after being diagnosed with progressive muscular dystrophy (PMD). For this purpose, a Functional Independence Test (FIM) and a Five Times Sit-To-Stand (FTSST) test were used to measure a patient's functional mobility. Applied kinesitherapy includes exercises to overcome muscle imbalance, through analytical exercises according to the assessment of manual muscle test; improving compensatory self-service capabilities and functional independence; and maintaining cardiorespiratory fitness. The changes in the physical activity were monitored three times after hospital discharge in home rehabilitation.

## RESULTS

After 1 month of kinesitherapy, an improvement in the functional independence and transverse capabilities of patients with PMD was observed ( $p < 0.001$ ). The improvement in the speed of reactions and muscle strength of the patients is due to the regular kinesitherapy sessions and exercises for strength of the lower limbs and abdominal muscles.

## CONCLUSION

The application of 1-month kinesitherapy improves the functional independence of patients with PMD compared to their initial condition.

## KEY WORDS

*kinesitherapy, progressive muscular dystrophy, therapeutic possibilities*

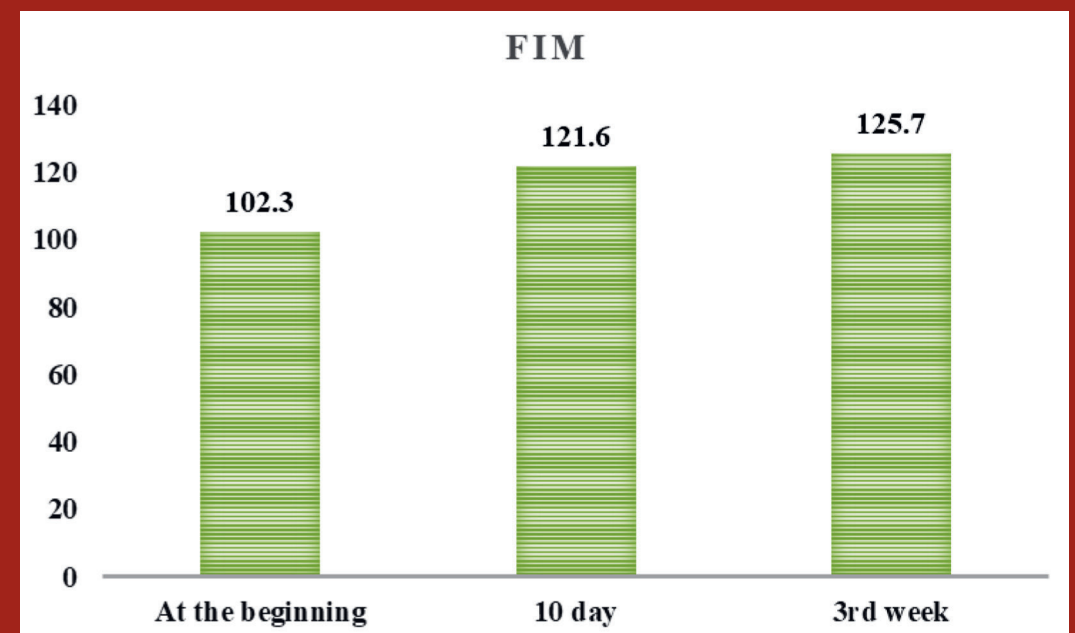


Figure 1. In total points of FIM

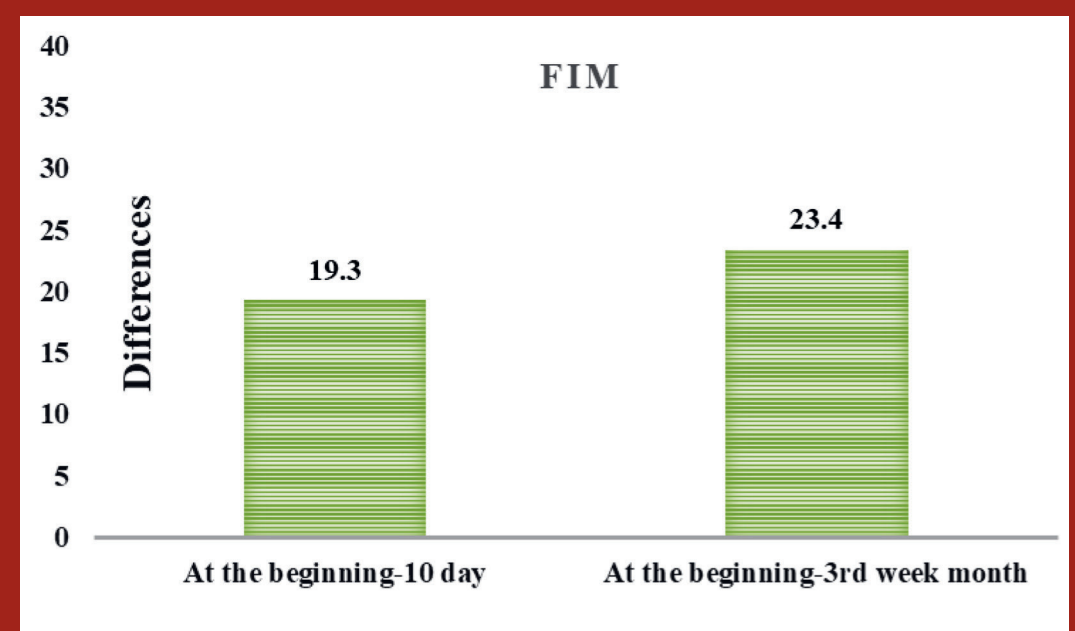


Figure 2. Differences in total points of FIM

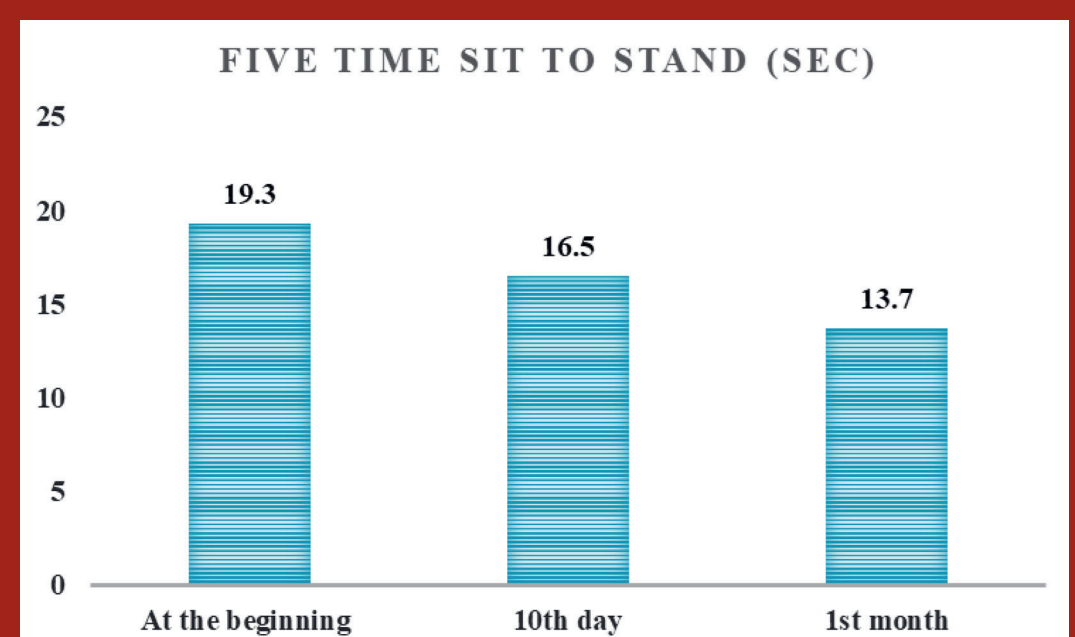


Figure 3. In total points of STS

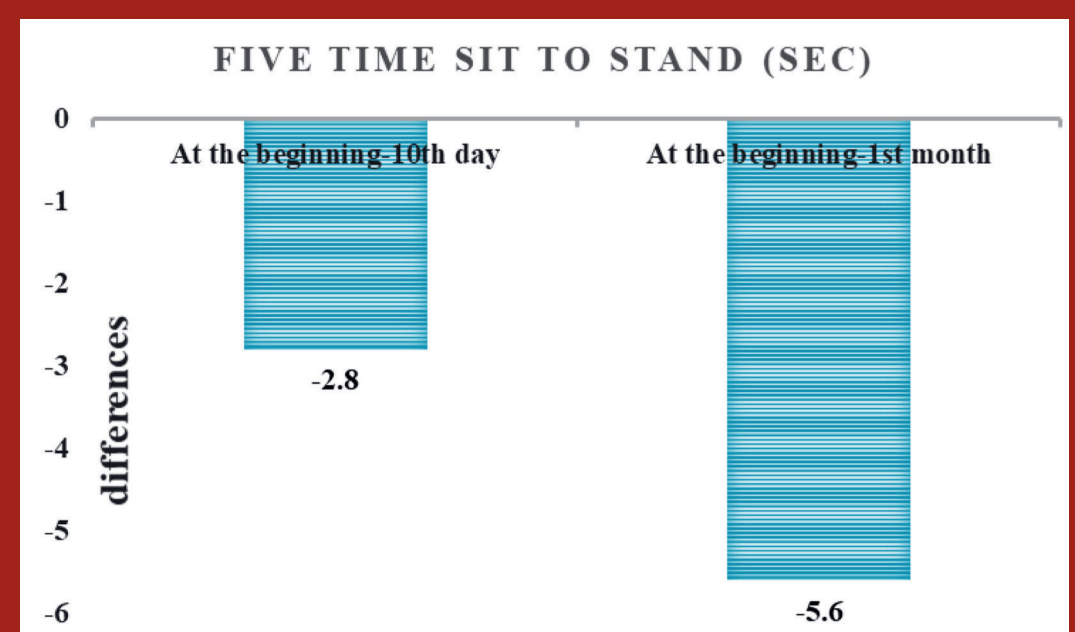


Figure 4. Differences in total points of STS