

Muscular Dystrophy

The Facts

There are 3 main types of Muscular Dystrophy:

CONGENITAL M.D. —

- Poor head control
- Muscle weakness
- Learning difficulties
- 1 in 50,000 have C.M.D.

DUCHENNE'S M.D. —

- Affects only boys
- Most common form of childhood dystrophy
- 1 in 3,500 male births
- Difficulty in walking
- Learning difficulties

BECKER MUSCULAR DYSTROPHY —

- Affects only males
- Milder and progresses more slowly than Duchenne's M.D.
- Difficulty with gross co-ordination

Useful Website

www.muscular-dystrophy.org

For further information on this issue please contact:

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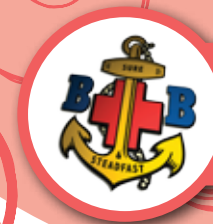
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GENERAL INFORMATION
LEAFLET

Basic Facts for
Leaders

Muscular Dystrophy



Dis
a
Bility

NORTHERN IRELAND

General Features

MUSCULAR DYSTROPHY —

- Is a general term used to describe a group of about 20 types of genetic disorders
- Involves muscle weakness
- Is caused by a fault on a particular gene that leads to damaged muscle fibres
- Is the most common childhood dystrophy and affects only males
- It is a progressive condition where the muscles become weaker and weaker

Areas of the BB programme which may present difficulty for the boy

Anchor Boy

- CRAFTS —** Fine motor skills — cutting, colouring, etc. following instructions
- GAMES —** Gross motor skills — following instructions
- STORY —** Understanding content of story (will vary with each child)

Junior Section

- PE/GAMES —** Gross motor skills
- BADGE WORK —** Fine motor skills/comprehension
- FIGURE MARCHING —** Movement/following commands

Company Section

- PE/GAMES —** Gross motor skills
- DRILL —** Movement/following instructions
- BADGE CLASSES —** Fine motor skills/comprehension
- COMPANY EXPEDITION —** Mobility issues



Useful Strategies

- Do not assume developments will/will not take place but work with the individual
- **PLAN AHEAD —** The pace of deterioration can vary greatly
- Use a buddy system
- Use computers where available and appropriate
- Incorporate choice in programme (important for self-esteem)
- Facilitate staff views/counselling — remember strong emotions are roused when working with a child with a progressive condition

Please note these are general strategies

EACH BOY IS UNIQUE

It is therefore important to speak to his parent(s) to gain individual relevant information.