

DD SIG Episode 48: Limb Girdle Muscular Dystrophy with Megan Iammarino

In this installment of our series on rare neurologic diseases, Ken Vinnaco talks with Megan Iammarino about physical therapy for people with Limb Girdle Muscular Dystrophy (LGMD), an umbrella term that encompasses a varied group of disorders affecting the proximal muscles around the shoulders and hips that impacts approximately 2 in every 100,000 people. Megan covers the assessment, PT treatment and prognosis for people with this unique diagnosis that causes significant balance and gait challenges.

The Degenerative Diseases Special Interest Group is part of the Academy of Neurologic Physical Therapy – www.neuroPT.org

Guest Information

Megan Iammarino, PT, DPT
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Key Moments:

04:24 – Megan shares in-depth information on LGMD, including genetic etiology, clinical presentation and naming conventions.

14:47 – Megan and Ken discuss the nuances of physical therapy treatment of individuals with LGMD.

18:59 – Ken inquires about functional outcome measures that are appropriate for use with individuals with LGMD.

32:05 – Find out why Megan advises that physical therapists should rethink the preemptive use of gait belts when working with patients with LGMD.

For More Information on LGMD:

Muscular Dystrophy Association: <https://www.curefa.org/>
Treat NMD: <https://www.treat-nmd.org/>
Cure LGMD2i Foundation: <https://curelgmd2i.com/>
Coalition to Cure CalPain: <https://www.curecalpain3.org/>
POD-NMD: <https://www.pod-nmd.org/>

Related Resources:

North Star Ambulatory Assessment:
https://www.physiopeia.com/North_Star_Ambulatory_Assessment

Performance of Upper Limb (PUL 2.0): <https://www.pod-nmd.org/assessment/pul/#1700743846550-25d126bd-05731a1e-4654>

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