

Muscular Dystrophy Superhero exercises

Always follow medical guidance when completing physio exercises with a child who has Dystrophy.

These additional activities are hopefully additional to the more formal activities, when a child needs new motivation to complete the exercises regularly. These activities are for students who are still mobile.

Sticker surprise

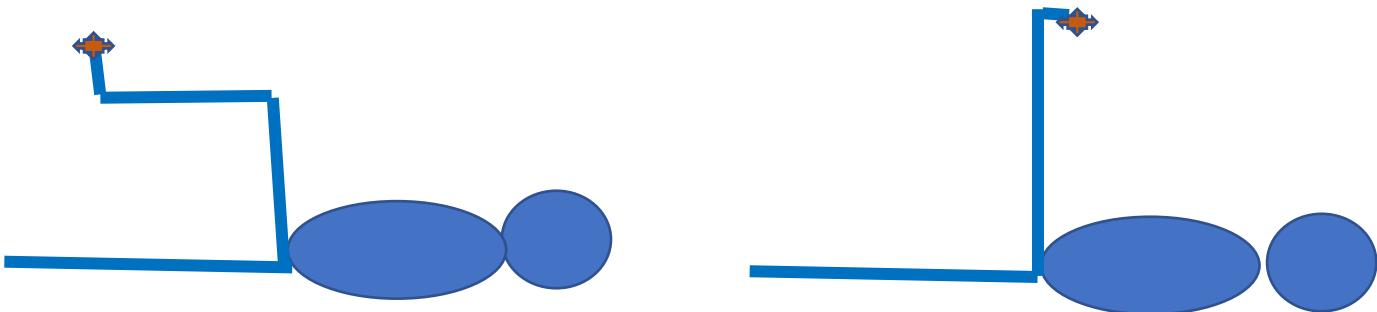
Ask the student to lay down on their back.

Place a coloured sticker on their toe.

Take their foot and move their leg into a 90° angle, slowly lift up their leg to straighten and provide a full stretch. As you are lifting stretching their leg, ask them to guess which colour/ superhero is on the sticker on their toes.

Superhero stickers can be purchased cheaply from Amazon or The Works.

For every sticker they guess correctly- they earn a reward e.g. more golden time, time on a laptop etc



Foot flip

Foot and ankle stretches are crucial for students with dystrophy. Ask the student to lie on their back.

Place the superhero cards, mixed up and upside down beside the student on either side.

As soon as the adult has moved the student's ankle into full stretch position, they say 'go'.

The student can begin reaching beside them and trying to match the cards to make pairs. The adult keeps repeating the ankle stretches on both feet, until all matches have been completed.



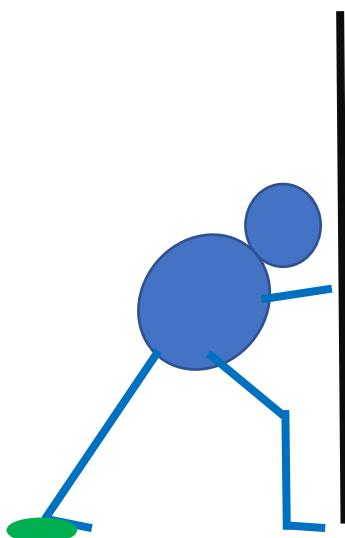
Superhero squash

Each session, ask the student to think of their favourite Superhero that day.

Using playdough make an initial shape for each superhero e.g. B for Batman

Take the student to a wall and place the playdough shape on the floor a distance away from the wall.

Ask the student to lean into the wall, step back with one leg, ask the student to stretch/ straighten their leg. Place the playdough letter shape under their heel, see if they can extend their leg enough to squash the letter shape.



Getting ready to fly

Ask the student to lie on their stomach. Ask them to reach their arms above their head in flying position. Once in the 'flying' position, the adult completes a hip stretch with each leg.

The student is asked to complete a simple Superhero jigsaw. As soon as it is complete- the stretches are complete. Print out attached resources and laminate. Cut into more pieces to make the task more challenging.



Superhero socks

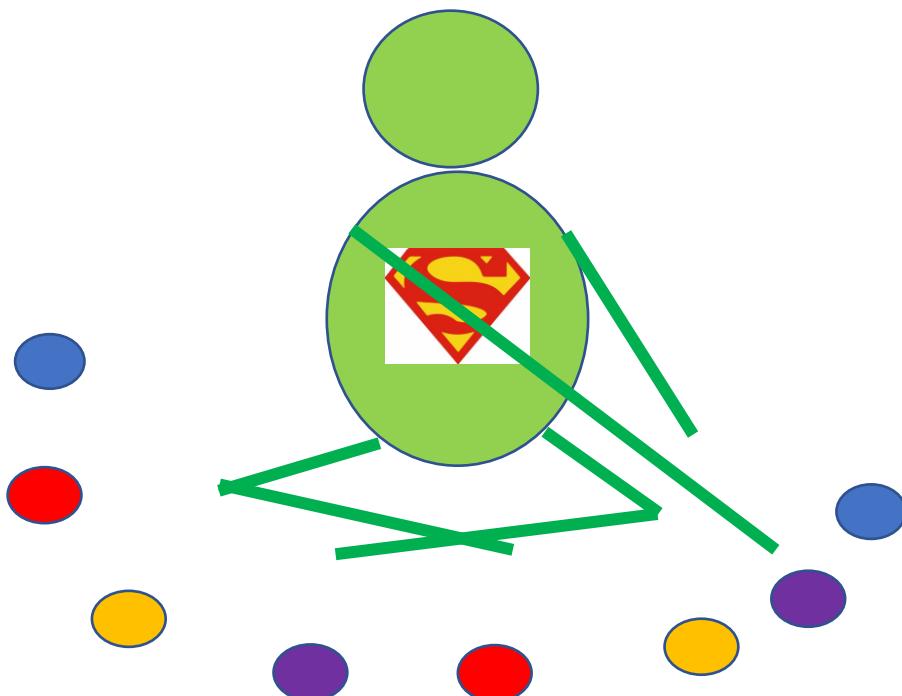
Any good Superhero can't save people without their being socks on!

Provide the student with 4-6 pairs of brightly coloured socks.

To keep with the theme- see if you can find some superhero socks. You can often find them in Poundland or ask in the staff room for donations (do not have to be new).

Ask the student to sit- either cross legged or in long sitting.

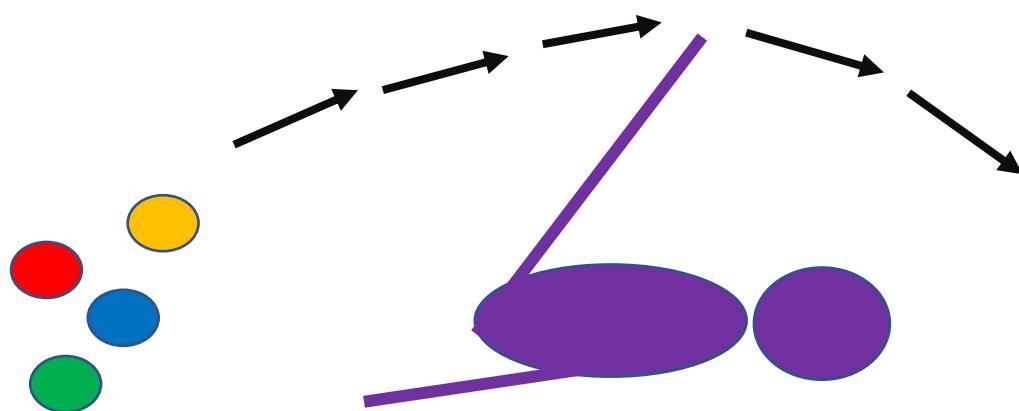
Spread the socks around the student. Ask them to reach and match up- rolling them into a loose ball.



Mission launch

Ask the student to lay on their back. Place the sock bundle near their feet. Sit behind their head.

Ask the student to grab a sock bundle with their toes, and lift their feet up and launch the 'sock missile' – how many can you catch?

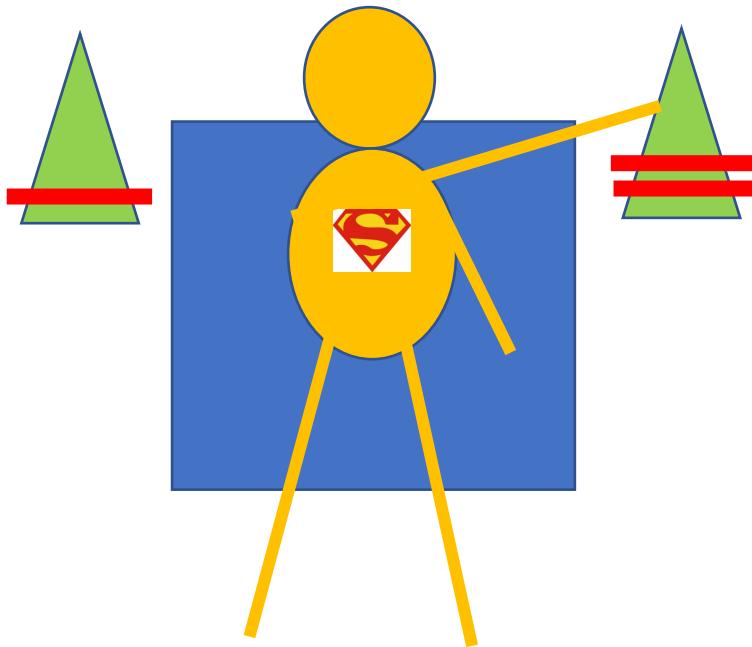


Power Up

Ask the student to lay on the mat on their back.

Place some lightweight rings over some low cones.

Explain the Superman needs to 'power up' before he can fly -so they need to roll and reach across their body and move a ring over to the cone on the opposite side.



To finish – add in a short activity that requires aerobic activity

- *Drumming*
 - *Basketball hoop*
 - *Balloon and racket- hitting the balloon up in the air*
 - *Parachute*
 - *Clapping songs (You Tube)*
 - *Scribbling on a large sheet of paper*
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