

# Allan-Herndon-Dudley Syndrome

## Physical Therapy and Development Support



### Introduction

Physical therapy plays a critical role in managing MCT-8 deficiency. This guide provides strategies for promoting motor development, reducing stiffness, and improving mobility and quality of life.

### Interface of Physical Therapy in MCT-8 Deficiency

Patients often experience hypotonia (low muscle tone), spasticity, and joint contractures. Physical therapy helps improve mobility, posture, and muscle strength.

### Motor Milestone Tracking

Track developmental milestones and adjust therapy goals based on progress. Consider individualized developmental timelines for each patient.

### Exercises and Stretching Techniques

- **Stretching Routines:** Daily stretches to reduce stiffness and prevent contractures.
- **Strength Training:** Low-resistance exercises to build muscle tone.
- **Balance and Coordination:** Activities to improve posture and stability.

### Assistive Devices and Mobility Aids

- **Mobility Aids:** Wheelchairs, walkers, and orthotics tailored to the patient's needs.
- **Adaptive Equipment:** Customized seating and positioning devices.

### Collaboration with Physical Therapists and Caregivers

- **Caregiver Training:** Teach caregivers exercises and positioning techniques to do at home.
- **Therapy Goals:** Set realistic, measurable therapy goals based on the patient's abilities.

### Support Resources for Developmental Milestones

- **Developmental Therapies:** Information on physical and occupational therapy services.
- **Advocacy Groups:** Links to organizations supporting motor development in rare diseases.

### Key Takeaways

#### 1. Start Early and Be Consistent with Physical and Occupational Therapy

- Early, regular therapy helps improve muscle tone, prevent joint stiffness, and support mobility—even in children with significant motor delays.
- Work with therapists to create a daily movement routine at home.
- Positioning devices, braces, or adaptive equipment can improve comfort and participation.

#### 2. Support Development Through Play and Communication

- Even if speech or movement is limited, your child can still learn and connect.
- Use toys, music, eye gaze, or simple switches to encourage interaction.
- Partner with a developmental therapist or speech-language pathologist to explore communication tools like eye-tracking or picture boards.



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