

PATIENT INFORMATION SHEET FOR CHILDREN AGE 4-6

A pilot study to compare night time Ankle Foot Orthosis (AFOs) with Contracture Control Devices (CCDs) in the management of ankle contractures in ambulant boys with Duchenne Muscular Dystrophy (DMD)

INVITATION



We need some boys like you to help us find out more about stretches and splints.

We would like you to speak to your grown up to talk about whether you would like to help us.

INTRODUCTION



Tight ankles are very common in boys with Duchenne Muscular Dystrophy (DMD). It can make walking, standing, jumping and going up and down stairs very difficult. Wearing splints and doing stretches every day are important to keep your ankles as bendy as possible.

WHY ARE WE DOING THIS?

We know that stretching and wearing splints are the best way to look after tight ankles but at the moment we don't know which is the best type of splint.

This study will look at 2 types of splints. A splint is a hard boot worn on your ankle to keep your foot in a certain position and to help stretch your ankle

WHAT SPLINTS WILL BE USED?



OR



WHO IS BEING ASKED TO TAKE PART?

We will ask 20 boys like you who have never worn splints or who already have ones like the bright swirly ones in the picture to come and help us.
~~worn these splints to come and help us.~~

WHAT WILL HAPPEN TO ME IF I TAKE PART?

If you would like to take part, you and your grown up will be asked to sign some forms.

Which splint you get given will be decided by chance. You cannot choose.

You will take home some new splints or continue using the ones you already have and wear them every day as well as doing your stretches. You will come and see us a few times so we talk to you about the splints.

You will then go to another room and a different physiotherapist will measure your ankles and ask you to do some activities.

The person taking the measurements will NOT know which group you are in. It is very important that you DO NOT tell them but your grown up will be with you and will remind you.

DO I HAVE TO TAKE PART

No, it is up to you to decide if you want take part. We will still look after you even if you say no.

WHAT ARE THE BENEFITS OF TAKING PART?

You will visit your physiotherapist a little bit more than usual and it will help them find out the information they need to help look after you and other boys like you.

HOW CAN I FIND OUT MORE?

You can ask your grown up or your physiotherapist if you have any questions.



Dionne Moat / Dr Anna Mayhew

**Neuromuscular Physiotherapy Team
International Centre for Life
Central Parkway
Newcastle
NE1 3BZ**

0191 2418756