



# Bethlem - Myopathie

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## Physiotherapy / Occupational therapy

Stretching is usually carried out to maintain muscle suppleness and thus joint mobility. Tensions are released. Guidance to cope with everyday life while protecting joints is given. Occasionally an operation of the Achilles tendon can help. All those affected are encouraged to remain active as much as is possible.

A normal body weight will help to limit muscle stress as much as possible.

Intense strengthening exercises, muscle injury, exposure to cold, stress, etc., should be avoided at all costs since these can bring on a more rapid progression of the disease.

Heat treatment and a healthy level of activity and rest are beneficial.

### Aids such as:

- orthopedic appliances (day and night positioning aids for hands and legs),
- crutches, walker frame, wheelchair,
- toilet seats, etc.

need to be fitted or prescribed to suit the present condition of the patient.

### Regular counseling and support:

- muscle clinic / outpatients
- neuro-orthopedics
- pulmonologists
- cardiologists
- orthodontics (if necessary)
- pain therapy treatment (if necessary)

### Submission of applications:

- degree of disability will need to be established (relevant authority)
- establishment of care level may be necessary (health insurance)
- workplace optimization
- reduction in earning capacity
- incapacity to work

For enquiries relating to practising physicians and clinics, contact [kontakt@bethlem-myopathie.de](mailto:kontakt@bethlem-myopathie.de).