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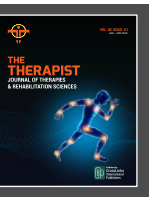

Editorial

Effectiveness of Physical Therapy in Rehabilitation of Muscular Dystrophy (MD) Patients

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A category of hereditary genetic diseases known as muscular dystrophies (MD) gradually weaken the muscles, resulting in a growing degree of impairment. Since MD is a progressive disorder, it deteriorates over time. Before impacting the muscles more broadly, it frequently starts by affecting a specific group of muscles. Some forms of MD eventually impair the heart or the respiratory muscles, which makes the condition potentially fatal. Although there is no known treatment for MD, many of its symptoms can be managed with it. MD is brought on by modifications (mutations) in the genes in charge of a person's muscles' composition and functionality. The muscle fibres undergo alterations as a result of the mutations, which obstruct the muscles' capacity to work. This results in growing handicap over time. A person's parents frequently pass on the mutations to their offspring. Your doctor may recommend genetic testing and counselling if there is a family history of MD in order to assess your risk of contracting the illness or passing it on to a child and to go over your alternatives.

There are numerous varieties of MD, and each has relatively unique symptoms. Many do not have an impact on life expectancy, and not all types result in severe disability. Among the more prevalent forms of MD are: One of the most prevalent and severe kinds is Duchenne MD, which often affects boys in their early years and has a life expectancy of only 20 to 30 years. Myotonic dystrophy is a type of MD that can appear at any age. Although it does not usually limit life expectancy, those with a severe form of the disease may do so. Facioscapulohumeral MD is a slow-progressing, mostly non-life-threatening kind of MD that can occur in both childhood and adults. Closely linked to Duchenne MD, Becker MD develops later in childhood, is less severe, and often has less of an impact on life expectancy. limb-girdle MD is a set of illnesses that typically appear in late adolescence or early adulthood, some varieties can advance swiftly and pose a serious threat to life, while others proceed more slowly. Oculopharyngeal MD is a kind of MD that often does not shorten life expectancy until a person is between the ages of 50 and 60. Emery-Dreifuss MD is a kind of MD that often manifests in childhood or early adulthood, most sufferers will live at least into middle age.

The various kinds of MD can be diagnosed using a wide range of techniques. Depending on when symptoms first show, an illness may be diagnosed at a different age. Investigation of any symptoms, discussion of any family history of MD, physical examination, blood tests, electrical tests on the nerves and muscles, and a muscle biopsy (where a small tissue sample is extracted for testing) are all steps in the diagnosis process. Although there is no known cure for MD, there are numerous therapies that can help with any physical issues or limitations that may arise. These can include mobility assistance, physical therapy, and other physical aids, as well as support groups to help with the emotional and practical effects of MD, drugs - such as steroids to boost muscle strength, or ACE inhibitors and beta blockers to manage cardiac problems, or surgery - to correct postural deformities, such as scoliosis. Methods of mending the genetic alterations and harmed muscles linked to MD are the subject of recent research.