



Exercise in Becker Muscular Dystrophy

Benefits and Red Flags

EXERCISE CONSIDERATIONS

1. Speak with your physician before starting any new exercise program.
2. “Start low and go slow.”
3. Take rest breaks as needed.
4. Not all muscular dystrophies are the same, nor should individuals with the same kind of muscular dystrophy be doing the same exercises. Exercises should be individualized.
5. Do something you enjoy for exercise.

BENEFITS FOR EXERCISE

- Improved circulation, this may appear as a pinkish color to the skin that people get when moving around
- Feeling more relaxed
- Feeling more flexible or mobile
- Decreased pain – if you had painful areas.
- Improved breathing- deeper breathing, able to exhale more completely, inhale deeper.
- Sleeping better
- Increased alertness
- Feelings of happiness and/ or accomplishment.
- Improved socialization by talking/engaging more
- Increased appetite
- Lower blood pressure for those with hypertension (high blood pressure)

RED FLAGS FOR EXERCISE

These are also key signs that may indicate you have overdone your exercise(s), or you need to reassess and potentially change the exercises you are doing. A Physical Therapist can assist in modifying the exercise program to better fit your needs.

- Increased fatigue
- Increased muscle, joint, or back pain
- Muscle soreness that lasts greater than 24 hours
- Dark or red urine
- Difficulty sleeping
- Restlessness
- Shortness of breath that continues longer than a couple of minutes after ending the exercise
- Tachycardia (rapid heartbeat) that does not resolve a few minutes after exercise is over
- Low or high blood pressure out of the ordinary for the individual with muscular dystrophy