

Neuromuscular Clinic

The Neuromuscular clinic is offered to children and youth who have been diagnosed with a Neuromuscular condition such as muscular dystrophy, neuropathy, mitochondrial disease and ataxias. This multidisciplinary clinic offers treatment and management for children, youth and their families and can provide intervention and consultation as required between clinic visits.

Our team:

- Dr. Weaver, Developmental Pediatrician specializing in Neuromuscular Disorders
- Physiotherapists
- Occupational Therapists
- Registered Nurses
- Social Worker
- Respiratory Therapist

What should I bring to the clinic?

- Your child's **Health Card**. The Ministry of Health and Long Term Care requires us to validate your health card at every clinic visit.
- In order for the team to complete their full assessment bring your child's orthotics, wheelchair and walking aids
- A list or pictures of your child's equipment at home.
- Any **notes or questions** that you may have.
- List of **current medications and allergies**.
- Any other forms related to your child's care, such as reports from previous assessments, letters, and school information
- Your child's immunization records
- If your child requires equipment at home to help with their breathing or coughing and you have questions you can bring their equipment as well.

Your clinic appointment may last up to 2 hours.

How do I prepare my child for their clinic appointment?

- Your child will be seen by two separate teams. First you will meet with the physiotherapist, occupational therapist and social worker. Next your child will meet with the doctor, nurse and if required the respiratory therapist.
- The Physiotherapist may perform a series of stretches to review range of motion and mobility. o Your child may also be asked to perform a series of exercises to determine their strength and endurance.
- Your child's height and weight will be taken at each appointment
- Your child may also be asked to complete a test to measure and monitor their breathing
- Throughout the visit you and your child will be asked questions regarding how they are functioning at home, school and in the community please bring a list of any concerns that you

may have. Topics could include personal care, safety, mobility/accessibility and equipment needs

If you have questions about an upcoming clinic or have question for the Neuromuscular team please contact the Registered Nurse.

Other Resources

Muscular Dystrophy Canada www.muscle.ca

Canadian Neuromuscular Disease Registry <https://cndr.org/>

Parent Project Muscular Dystrophy www.parentprojectmd.org

ErinoakKids website for information on funding, respite, and upcoming programs www.erinoakkids.ca/resources