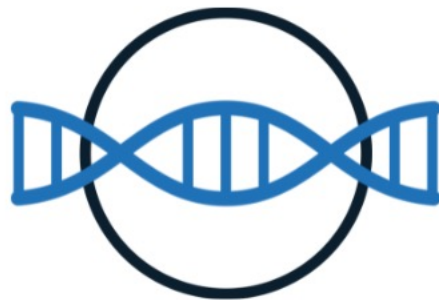




**Denise Davis**

Physical Therapist  
University California Irvine



## **GNEM SYMPOSIUM SPEAKER SERIES**

*presented by The Neuromuscular Disease Foundation*

# **Physical Therapy: Maintaining function with GNE Myopathy**

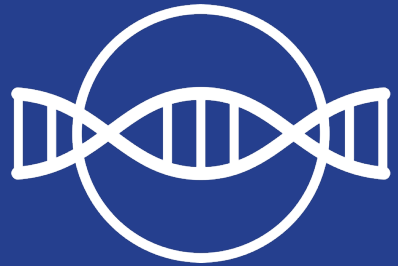
Friday, December 2nd 2022 • 9am PT

I am the primary physical therapist for the GNE myopathy clinic and work in outpatient ortho clinic.

Most common questions asked in GNE clinic:

- What is the best exercise to do?
- What exercises should I avoid?
- When should I use AFOs or other assistive devices?





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Speaker Series #120222

**Denise Davis, Physical Therapist**

FINAL HIGHLIGHTS:

**“Physical Therapy: Maintaining function with GNE Myopathy”**

### **Key Takeaways**

1. Keep moving.
2. Mild intensity exercises 3 times a week.
3. Use assistive devices for safety, to prevent over fatigue and compensations.

