

Becker Muscular Dystrophy Management Guide

Managing Your Becker Muscular Dystrophy

The overview below highlights various aspects of general Becker management guidance. It's important to coordinate with your Care Team to personalize your management plan.



Medical Appointments

Consult with your Primary Care physician and Care Team specialists to monitor disease progression and discuss symptom management.



Symptom Management

Manage symptoms by coordinating with your Care Team. Over the counter medications may be used to treat muscle pain or cramps. Your Care Team may prescribe corticosteroids at their discretion to aid in muscle function or recommend the use of braces to aid in mobility.



Rehabilitative Specialist

Consult with rehabilitative specialists including physical, occupational, and speech therapists to help preserve muscle function and improve quality of life.



Remaining Active

Your Care Team can help to develop an exercise program that best fits your needs and lifestyle. Being active can help reduce muscle loss, minimize the potential of joint contractures, and reduce cramps and muscle fatigue.



Emotional Support

At times, you may feel overwhelmed managing your condition. Members of your Care Team including Psychiatrists, Psychologists, and Social Workers are trained to offer emotional resources to help support your needs.



Clinical Trials

Clinical trials are underway to evaluate whether muscular dystrophy treatments may be safe and effective. Discuss clinical trial participation with your Care Team to help decide whether a specific trial fits your needs.



Resources are available to help you assemble a Becker Care Team

Visit mda.org/care/mda-care-centers or parentprojectmd.org/care/find-a-certified-duchenne-care-center/ for more information

Your Becker Muscular Dystrophy Specialty Care Team



Neurologist

Certain Neurologists specialize in the treatment of neuromuscular diseases like Becker muscular dystrophy and help coordinate care across different Care Team specialists.



Orthopedist

Treats fractures and related bone complications.



Occupational Therapist

Helps people with disabilities make adaptations for activities of daily living and working.



Cardiologist

Monitors for changes in cardiac health and treats to prevent and delay worsening of cardiac function.



Respiratory Specialist

Helps individuals living with Becker with breathing issues due to respiratory muscle weakness.



Social Worker

Helps individuals living with Becker coordinate needed resources and support.



Physical Therapist

Manages contractures and develops custom exercise programs to help maximize and preserve mobility.



Psychiatrist, Psychologist

Provide mental health support.



Geneticist

Assists with the diagnosis of Becker (affected individuals and family members) and provides information to understand how Becker may be inherited and affect other family members.



Gastroenterologist

Treats a variety of symptoms including constipation, gastroesophageal reflux, and gastrointestinal motility issues.



Primary Care Physician

Coordinates general care for issues not related to Becker.



Speech Therapist

Provides assistance to individuals living with Becker who are experiencing difficulty swallowing.



Endocrinologist

Monitors bone health and treats conditions associated with low testosterone.

