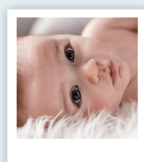


Recognize the Early Signs of Duchenne Muscular Dystrophy (DMD)

INFORMATION & RESOURCES FOR FAMILIES Red Flags for DMD



0-6 MONTHS



2 months:

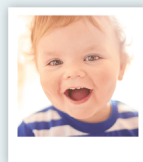
- Cannot lift head up while on tummy

4 months:

- Does not make sounds like 'ah' or 'ooh'

6 months:

- Does not try to reach for toys
- Cannot roll over



6-18 MONTHS



9 months:

- Cannot sit up without help

12 months:

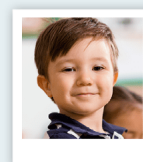
- Does not say words like "mama" or "dada"

15 months:

- Cannot crawl

18 months:

- Difficulty getting up from the floor to stand
- Not walking well



2-3 YEARS



2 years:

- Gets up from a sitting position by pushing with one or both hands to "climb up" their legs
- Not walking smoothly (e.g. walking on tip-toes)
- Not jumping

3 years:

- Difficulty running or climbing
- Does not speak in sentences

OTHER SIGNS AND SYMPTOMS

- Weak or floppy muscles
- Falls easily
- Enlarged calf muscles
- Developing at a slower pace than siblings and/or peers
- Cannot keep up with children of the same age
- Lordosis (arching of the lower back)
- Problems with learning, thinking, or problem-solving

Recognize the Early Signs of Duchenne Muscular Dystrophy (DMD)

INFORMATION & RESOURCES FOR FAMILIES Red Flags for DMD

Ask your child to jump off the ground:

Do they jump like this?



...or like this?

If they don't get off the ground when jumping,
please consult your pediatrician.

Recognize the Early Signs of Duchenne Muscular Dystrophy (DMD)

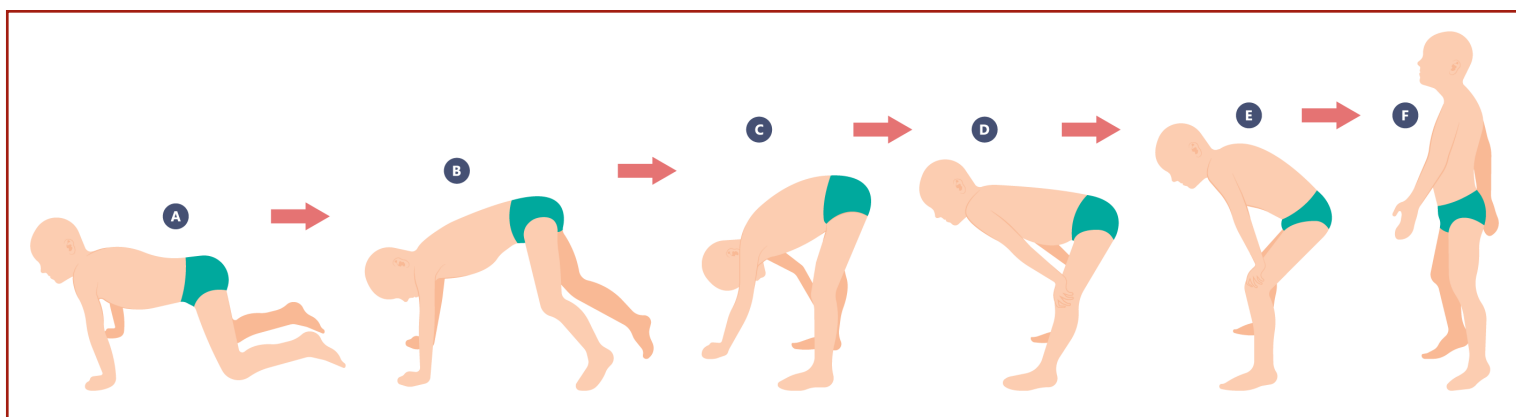
INFORMATION & RESOURCES FOR FAMILIES Red Flags for DMD

Ask your child to stand up:

Do they stand up easily in one, fluid movement?



...or do they rise from a surface in stages, and push off their thighs to get upright?



If your child's movement more resembles the second figure, this may also be a reason to have your child screened for DMD. A simple blood test called a CK (creatinine kinase) test can rule out an underlying muscle condition.

For More Information: childmuscleweakness.org

YouTube Video of Gower's Sign: <https://youtu.be/dogbjl5Zcul>