

What is it?

An Adult Neuromuscular Clinic is a specialty service for adults with a neuromuscular disorder. Assessments, information, recommendations for equipment, treatment options, home adaptations, rehabilitation, respiratory care etc. are available and individualized according to the needs of each person.

Which professionals are involved in the visit?

The Adult Team is an interdisciplinary group of professionals with a wide range of experience. Staff members may evaluate the person alone, or together with other therapists. The professions on the team who may see the client are: physiotherapist, occupational therapist, speech pathologist, physiatrist (medical doctor with a specialty in physical medicine and rehabilitation), clinical dietitian, social worker and psychologist. A clinic coordinator may also be involved in the appointment; she/he is the one who coordinates the clinic appointments ahead of time and screens people prior to the clinic appointment.

A representative/volunteer from Muscular Dystrophy Canada may also be present during the clinic appointments. This person is available to meet with families, and is an invaluable source of information, as they are familiar with the challenges faced by people with neuromuscular disorders and their families. They may also provide linkages to MDC Chapters and families in the community who have similar situations to allow them to connect with each other and share in experiences.

How long does a clinic visit take?

The clinic visit may last a couple of hours, and rarely lasts a full day. This depends on the therapists that the person needs to see, and upon the specific type of appointment needed. People are informed prior to attending the clinic how long they can expect to be at the clinic.

How often will a person need to participate in a clinic appointment?

Adults with a neuromuscular disorder are seen at clinic depending upon their specific condition. By having a full clinic review with a selection of team members, it is hoped that problems may be detected early, and perhaps prevented from worsening by modifying equipment, positioning, nutritional supplementation, etc. Optimum health with a neuromuscular condition is our goal for everyone.

What can we do to prepare for the clinic visit?

You should be aware that several different people will see you. They will ask you to show them how you do normal functions in their daily life and there will be questions for you to answer. You should have a current list of medications with you at the time of your appointment. Most of the evaluation is by examination and observation, and is not considered to be invasive. The most important point to know, is that the staff is here to help you be the best that you can be at home, work, and in the community.

What can we expect after the visit is completed?

A "wrap-up" meeting with all the professionals is held at the end of clinic. Recommendations for maximizing strengths and overcoming or minimizing weaknesses will be discussed. A physician's summary, including the team summary, will be forwarded to the referring physician. Referrals to community resources will be made as needed.

Who can answer my questions?

Contact us at:
Muscular Dystrophy Canada - Services
Western Canada office - 1-800-366-8166
Ontario & NU office - 1-800-567-2873
Quebec office- 1-800-567-2236
Atlantic office - 1-888-647-6322