

Last chance to be involved in study of night casting for children with CMT

Tight calf muscles are a big common problem in CMT. Tight calf muscles cause ankle inflexibility which can lead to foot pain, leg cramps, sprains, trips and falls. To help these problems calf stretching is commonly prescribed.

At The Children's Hospital at Westmead we are conducting a study looking at whether a new way of stretching, called **night casting**, is effective. Children involved in the study receive either specially made night casts worn overnight for a period of 4 weeks, or 4 weeks of a general stretching program. We are interested in knowing if this special stretching program can improve ankle flexibility and whether these changes help children with daily tasks.

We have only 7 places remaining for participants before we close this important study. If you have a child or know of any children 7-18 years of age with CMT and tight calf muscles, and would be interested to find out more about this study please contact Physiotherapist **Kristy Rose** or **Dr Joshua Burns** on (02) 9845-1229 or email KristyR2@chw.edu.au.

This study has been approved by the Human Research Ethics Committee and all costs associated with travel to the hospital will be reimbursed.