

## The Triple F study...



## Footwear, fatigue and falls in paediatric neuromuscular disease.

We are seeking children and adolescents aged 4 to 18 years of age who are able to walk at least 75 metres and have a diagnosis of Duchenne or Becker muscular dystrophy (DMD/BMD) or Charcot Marie Tooth disease (CMT).

*Why?* We would like to study how different types of shoes affect the walking and the incidence of falls in children and adolescents who have a DMD/BMD or CMT. We would also like to see if walking for six minutes causes physical fatigue and changes in the way a child or adolescent with DMD/BMD or CMT walks.

*What?* Two 1 ½- 2hour assessments, 12 months apart. We will ask you to bring in your best fitting “optimal” footwear and your less than ideal “suboptimal” footwear. We will compare how you walk in your optimal footwear compared to your suboptimal footwear and bare feet. We will also ask you to walk for six minutes in your optimal footwear and we will ask you how tired your body feels during this six minute walk. Finally we want to know if you experience falls and what happens at the time you fall – including what you are wearing on your feet when you fall. We will ask you to complete a six month falls diary – don’t worry though because we will be in contact with you each month to help you with the diary.

*Who and where?* The neuromuscular physiotherapists will conduct this study in the Neuromuscular Assessment Room, Specialty Clinic A3 (next door to the Meerkats) at The Royal Children’s Hospital.

*Interested?* Contact Rachel Kennedy,  
Study Co-ordinator and neuromuscular research physiotherapist  
Children’s Neurosciences Centre  
The Royal Children’s Hospital  
☎ 9345 4287      ✉ [rachel.kennedy@rch.org.au](mailto:rachel.kennedy@rch.org.au)

*Declaration: Part of this study forms the research for a Masters of Philosophy (MPhil) being undertaken by Rachel Kennedy, MPhil candidate, The University of Melbourne.*

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Study Name: Footwear, fatigue and falls in paediatric neuromuscular disease.

Protocol Number: <<insert protocol number>>

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