

# MULTIDISCIPLINARY TEAM QUICK GUIDE\*

**Neurologists** – Doctors who specialize in diseases and disorders of the brain and nervous system. Even though LGMD is a muscle disease, a neurologist is often the specialist who coordinates the care of a person, both providing treatment, and referring the person to any number of specialists, as needed.

**Cardiologists** - Doctors who specialize in the heart and cardiovascular system. They monitor heart health and function and treat heart conditions.

**Pulmonologists** – Doctors who specialize in disorders of the lungs and structures associated with the lungs, such as the muscles that control breathing.

**Orthopedists** - Doctors who specialize in the bones and joints as well as the muscles, tendons, and ligaments attached to the bones.

**Dietitian** - Experts in the use of food and nutrition to promote and manage health.

**Physiatrists** - Rehabilitation doctors who specialize in diagnosis, treatment, and management of conditions that can cause pain or limit function.

**Physical Therapist (PT)** - Movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

**Occupational Therapist (OT)** - A healthcare professional that focuses on an individual's ability to perform the broad range of everyday life activities. OT promotes independence by improving the skills required to perform these activities and/or teaching alternative ways to accomplish them.

**Social Worker** – A professional that helps with the practical aspects of illness and disability such as insurance, financial aid, equipment and housing needs, transportation, home care, community resources, etc.

*\*Your team of specialists may vary depending upon the form of LGMD (sub-type) and the stage of the condition.*

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