CLAIMS

1. An oligonucleotide having the structure of:

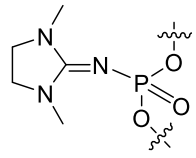
fC * SfU * SfCn001RfC * SfG * SfGn001RfU * SfU * SmCfU * SmG * SfA * SmAfG * SfG * SfU * SfGn001RfU * SfU * SfC,

or a pharmaceutically acceptable salt thereof, wherein:

f represents a 2'-F modified nucleoside;

*S represents a *S*p phosphorothioate;

m represents a 2'-OMe modified nucleoside; and

n001R is  wherein the phosphorus is of the Rp configuration.

2. An oligonucleotide having the structure of:

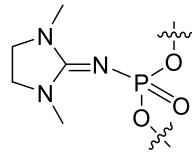
fC * SfU * SfCn001RfC * SfG * SfGn001RfU * SfU * SmCfU * SmG * SfA * SmAfGfG * SfU * SfGn001RfU * SfU * SfC,

or a pharmaceutically acceptable salt thereof, wherein:

f represents a 2'-F modified nucleoside;

*S represents a *S*p phosphorothioate;

m represents a 2'-OMe modified nucleoside; and

n001R is  wherein the phosphorus is of the Rp configuration.

3. The oligonucleotide of claim 1 or 2, wherein the oligonucleotide is a pharmaceutically acceptable salt.
4. The oligonucleotide of claim 3, wherein the oligonucleotide is a sodium salt.
5. The oligonucleotide of claim 4, wherein the number of sodium ions in the sodium salt equals the total number of phosphorothioate and phosphate linkages in the oligonucleotide.
6. A chirally controlled oligonucleotide composition comprising a plurality of oligonucleotides each of which is independently an oligonucleotide of any one of claims 1-5, wherein the composition is enriched, relative to a substantially racemic preparation of oligonucleotides of the same base sequence, for oligonucleotides of the plurality.
7. A composition comprising an oligonucleotide of any one of claims 1-5, wherein each chiral internucleotidic linkage in the oligonucleotide is independently a chirally controlled

internucleotidic linkage, and each chirally controlled internucleotidic linkage independently has a diastereopurity of at least 90%..

8. The composition of claim 7, wherein each chirally controlled internucleotidic linkage independently has a diastereopurity of at least 95%.
9. The composition of claim 7, wherein each chirally controlled internucleotidic linkage independently has a diastereopurity of at least 98%.
10. A chirally controlled oligonucleotide composition comprising a plurality of oligonucleotides each of which is independently an oligonucleotide of any one of claims 1-5, wherein:

    oligonucleotides of the plurality share a common constitution, and

    50%-100% of all oligonucleotides in the composition that share the common constitution are oligonucleotides of the plurality.
11. The composition of claim 10, wherein about 50%-90% of all oligonucleotides in the composition that share the common constitution are oligonucleotide of the plurality.
12. The composition of claim 10, wherein about 70%-90% of all oligonucleotides in the composition that share the common constitution are oligonucleotide of the plurality.
13. The composition of any one of claims 10-12, wherein the composition is a pharmaceutical composition further comprising a pharmaceutically acceptable inactive ingredient selected from pharmaceutically acceptable diluents, pharmaceutically acceptable excipients, and pharmaceutically acceptable carriers.
14. The composition of any one of claims 10-13, wherein one or more oligonucleotides of the plurality are independently pharmaceutically acceptable salts.
15. A pharmaceutical composition, comprising a therapeutically effective amount of the oligonucleotide of any one of claims 1-5 and a pharmaceutically acceptable inactive ingredient selected from pharmaceutically acceptable diluents, pharmaceutically acceptable excipients, and pharmaceutically acceptable carriers.
16. The pharmaceutical composition of claim 15, wherein the pharmaceutical composition is a solution.
17. The composition of any one of claims 15-16, wherein the oligonucleotide is a pharmaceutically acceptable salt.
18. The composition of any one of claims 15-17, wherein each chiral internucleotidic linkage in the oligonucleotide is independently a chirally controlled internucleotidic linkage, and each chirally controlled internucleotidic linkage independently has a diastereopurity of at least 90%.

19. The composition of claim 18, wherein each chirally controlled internucleotidic linkage independently has a diastereopurity of at least 95%.
20. The composition of claim 18, wherein each chirally controlled internucleotidic linkage independently has a diastereopurity of at least 98%.
21. An oligonucleotide of any one of claims 1-5 for use in treating Duchenne muscular dystrophy, wherein an effective amount of an oligonucleotide of any one of claims 1-5 are to be administered to a subject suffering therefrom, wherein the subject has a mutation of the DMD gene that is amenable to exon 53 skipping.
22. An oligonucleotide of any one of claims 1-5 for use in preventing Duchenne muscular dystrophy, wherein an effective amount of an oligonucleotide of any one of claims 1-5 are to be administered to a subject susceptible therefrom, wherein the subject has a mutation of the DMD gene that is amenable to exon 53 skipping.
23. A composition of any one of claims 6-20 for use in treating Duchenne muscular dystrophy, wherein an effective amount of a composition of any one of claims 6-20 are to be administered to a subject suffering therefrom, wherein the subject has a mutation of the DMD gene that is amenable to exon 53 skipping.
24. A composition of any one of claims 6-20 for use in preventing Duchenne muscular dystrophy, wherein an effective amount of a composition of any one of claims 6-20 are to be administered to a subject susceptible thereto, wherein the subject has a mutation of the DMD gene that is amenable to exon 53 skipping.