

Physical Therapy in Early Childhood

Leslie Vogel, MSPT
Seattle Children's Hospital
June 30, 2018

Parent **JOIN THE FIGHT.**
Project **END DUCHENNE.**
Muscular
Dystrophy

Goals of Early Intervention

- Maintain flexibility
- Maximize motor skills
- Encourage participation
- Assist with mobility
- Family/Care provider education

Flexibility: Night Splints

- Initiate night splints
 - 6 to 8 hours per night
 - 6 to 7 nights per week
- Solid or articulated
- Work with your therapist
 - Maximize sleep
 - Maximize comfort



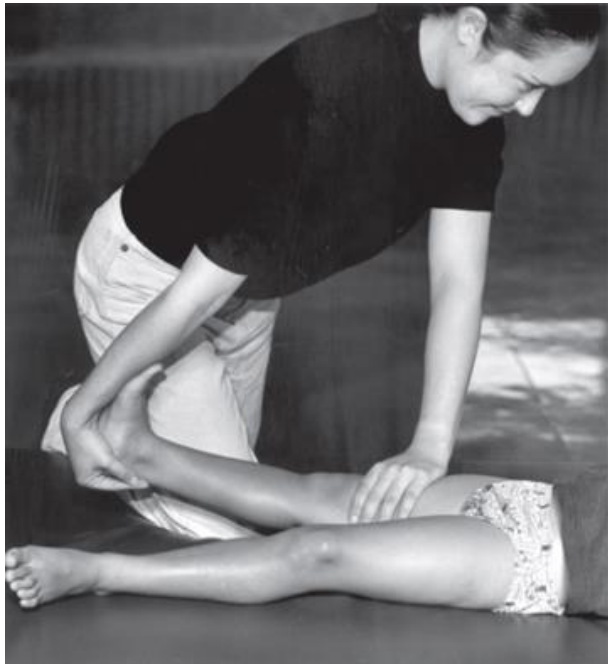
Cascadedafu.com

Flexibility: Gentle Stretching

- Gentle Stretches

- Hold 30 seconds
- Repeat 2-3 times

- Ankle/Calf Muscle
- Knee/Hamstring Muscle
- Work with therapist



Flexibility: Positioning

- Long sitting postures
- Standing wedges
- Yoga activities



Nadachair.com



Photo by Helen Posselt PT

Maximize Motor Skills

- Steady walking pattern
- Negotiate stairs & curbs
- Standing from the floor
- Early balance skills
- Ball skills
- Ride a tricycle



Encourage Participation

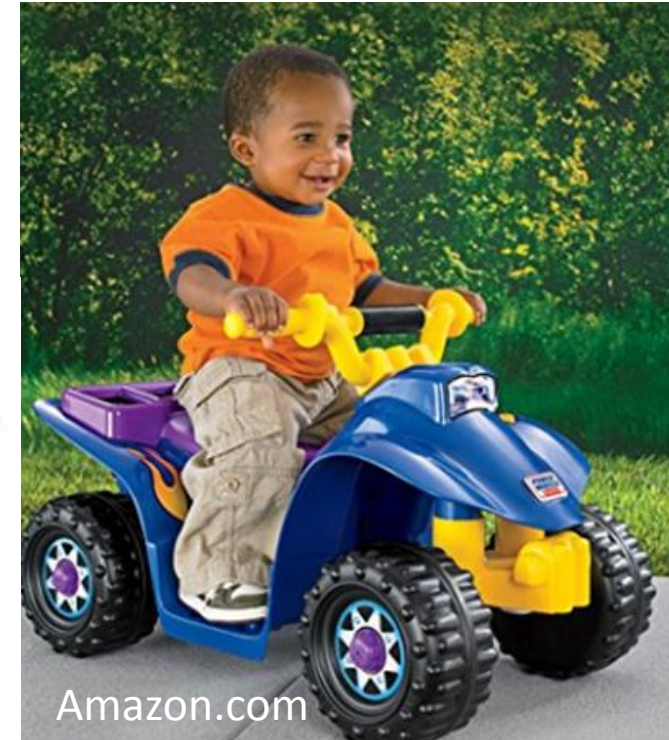


Assist with Mobility

- Community Mobility
 - Commercial stroller
 - Wagon
 - Medical stroller
- Early Power Mobility
 - Battery Powered Car



Convaid.com



Amazon.com