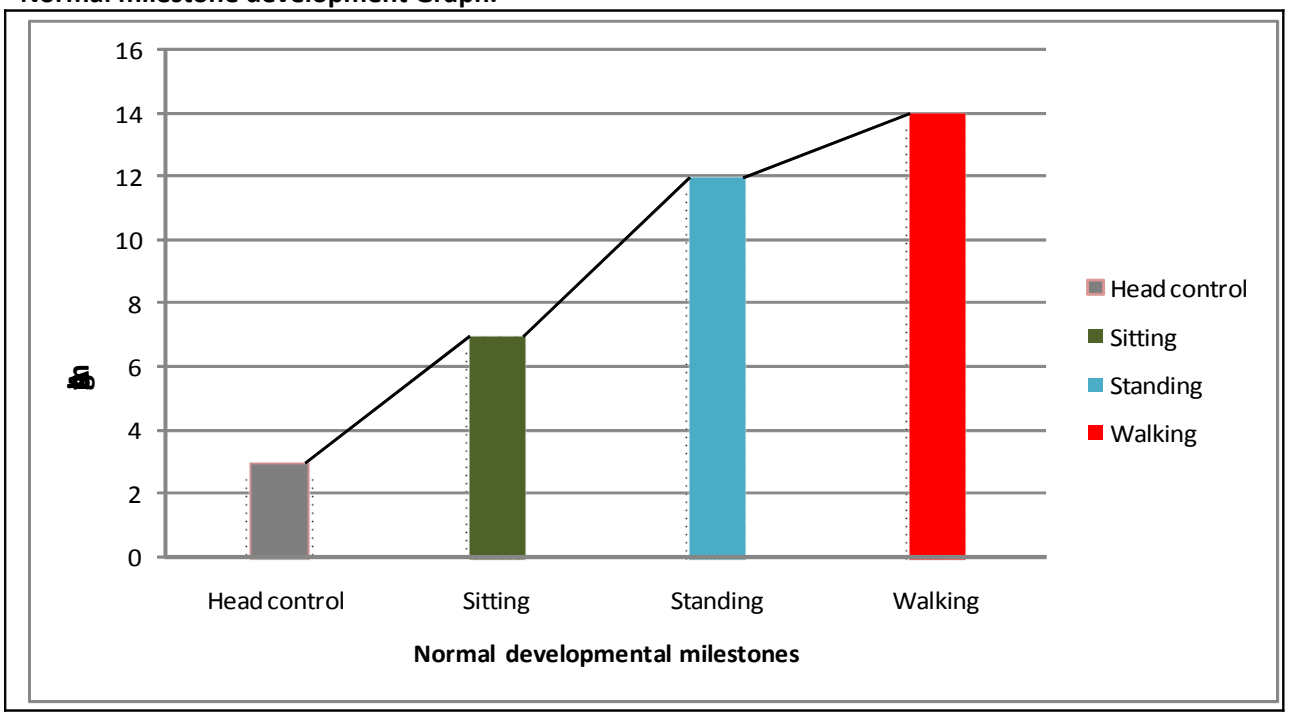
EVIDENCE BASED DEVELOPMENTAL THERAPY

The main focus of this presentation is on children's physical development. Why? There are many children born with neurological pathology, severe malnutrition, sickness and disability.

A child with developmental delay fails to achieve certain developmental landmarks at the usual age.

Normal milestone development Graph.



Any warning or delay from the above helps a therapist to make a definite diagnosis. Broad spectrum includes cases of Cerebral palsy, Down syndrome, hemiplegia, spina bifida, Brachial plexus injuries, Aperts syndrome and head injuries.

How?

Physical presentations, Gross motor functions and level of child development as per age

Evidence based research.

"A child with cerebral palsy who manages to attain head and sitting balance by 2 years, he will definitely manage to stand and walk"

(Ref; physical therapy for children by Susan K.campbell 2nd.edition)

The motor system in developmental delay

The motor system in developmental delay is affected and it determines the performance of a child's fine and gross motor skills. The motor function also depends on the influence of tone, muscle strength reflexes, and abnormal movements on the level of skills.

Ref: Paediatric neurologic physical therapy 2nd edition by Susan K.campbell

Determinants of developmental skills progress

Sitting- Requires strong neck muscles, trunk muscles, flexible hamstrings and head stability.
Standing-Requires strong trunk muscles, quadriceps, flexible hamstrings and strong calf muscles.
Walking-Requires balance in standing and walking, good coordination skills and strong trunk and lower limbs muscles.

MANAGEMENT

Standard **developmental therapy activities**, general strengthening, ROM and stretching exercises, Gait, balance/coordination, and gross motor skills training. Apply **play, 1:1** communication **and** dress casually in well fitting clothes that are child friendly. Avoid clinical attires.
(*Best therapy approaches that are advocated for current children therapies***)**

Bo bath therapy (NDT)

-Bearing weight with good postures.
-Controlled weight shift.
-Closed kinetic chain exercises.
-Joint stabilization by positioning.

Conclusive remark

"Every infant disabled or not can benefit from nurturing and stimulation of their senses. The more a child is spoken to, sung to, read to, danced with, exercised, played with, encouraged to explore in a safe environment, the more the brain and body will develop" (Ref; article by world disability program with UNICEF)

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