



CASE STUDY

# Brendan's Story

**daytot**joey

## **A Premature Birth**

Brendan was born at 32 weeks, 8 weeks prematurely, and he stayed in the NICU for nearly 2 months. Whilst in the NICU Brendan needed help with breathing and with feeding.

# daytotjoey



At 2 months old Brendan's paediatrician noted concerns. Brendan had an asymmetrical head shape with moderate plagiocephaly due to marked right sided head preference. He also had difficulty with head control and poor tolerance for tummy time possibly due to reflux. Standardized testing indicated gross motor delay compared to his peers.

## Early Intervention

Brendan's parents met with the early intervention team and set goals that they would like him to reach throughout the process. Brendan's parents and team wanted him to improve his comfort and ability to achieve full neck range of motion to allow for improved head shape, development of symmetry and gross motor milestone acquisition.

## Training on Joey

Joey was introduced at Brendan's first early intervention visit in order to give him the best chance to improve his head control and his leg strength. His therapist recommended that they use Joey daily. Over the course of each weekly therapy session, Brendan improved significantly gaining confidence in the correct movement. He used Joey under the guidance of his pediatric physical therapists.

## The "Joey" effect

Throughout Brendan's training, it was clear to see the progress he was making. Brendan's physical therapist noted that he had improved across the following areas:

- Improved head control in all positions.
- Improved reciprocal kicking on his back and better leg movement overall.
- Improved weight bearing in supported standing.
- Improved tolerance for prone.

Joey is an additional tool to add in alongside tummy time and home exercise when working with premature babies. It is clear to see the benefits of Joey. It aligns perfectly with the constructs of developmental cascade theory, which purports that advance in early motor skills lead to advances in social, cognitive and language skills.



## Laura Zawacki, MS, PT, PCS



I am a PT in private practice with decades of experience in both the NICU and early intervention. I endorse the Daytot Joey Mobility Crawler for several reasons.

- Aligns with key principles of early intervention.
- Support families in promoting their child's development.
- Encourage active participation of families in therapy.
- Collaborative relationship between families and providers.
- Intervention should be linked to specific goals that are family-centered, functional, and measurable .
- Aligns with the constructs of Developmental Cascade Theory which purports that advances in early skills lead to advances in social, cognitive and language skills as well.
- Parents love it and are proud to see their babies succeed with it.

For further information visit:  
[www.daytotjourneys.com/daytot-joey](http://www.daytotjourneys.com/daytot-joey)

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