



CASE STUDY

River's Story

daytotjoey

River was born December 2021 at full term. She was diagnosed postnatally with Down Syndrome. Her parents were keen to support her development in any way that they could. Babies with Down Syndrome are often expected to have motor delays due to their condition and additional issues such as low tone and hypermobility. Luckily River hasn't shown any signs of Low Tone or Hypermobility but her parents were keen to give her any stimulation that would support her optimal physical development.

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Clinical Assessment – March 2022

- Head lag++ during pull to sit test.
- Good head control in prone in neutral position for few seconds.
- Able to prop on elbows with support.
- Not able to roll from back to belly or belly to back.

Goal setting

- Head control in all positions
- Reduce head lag from supine
- Build core/trunk muscles
- Practice reciprocal movements in arms/legs
- Roll both direction
- Aim for 4-point position and 4-point crawling

Joey Trial Approach

She was introduced to the Joey on 21st March at my physio clinic.

Initially River used Joey for 1 -2 minutes and progressed to 5 minutes twice daily.



Training on Joey

River progressed nicely over the 6-month period. She gained head control in all directions quite quickly. After 2 months of use she was able to roll from prone to back and prop on elbows independently. After approx. 3 months of use she was able to roll from back to prone independently.

With careful positioning River was able to push with her feet to help propel herself forward on Joey. This was invaluable and really helped with co-ordination between the upper and lower limbs which is essential for crawling. The ability to move dynamically in Tummy time and allow propulsion with the lower limbs from an early stage is really valuable for motor patterns.

The “Joey” effect

On last assessment after 5 months of use River was transitioning from prone to 4-point position independently and able to rock on hands and knees. The Rocking motion on hands and knees is the precursor movement for 4-point crawling so this is a very encouraging sign that River will achieve crawling. To achieve this at such an early age is not always expected with a DS diagnosis and is in line with a neurotypical baby. She was able to sit and transition in/out of sitting independently. She had no head lag and presented with a strong core. River was a pleasure to work with and her parents were really motivated to support River in all her motor goals. Using Joey alongside other advice and physio exercises has undoubtedly set River up to maximise her motor skills and thus her overall development.

Following up on 23rd Sept 2022, during a telephone review, River’s mother reports that she has been crawling independently on all 4’s for 4 weeks, i.e., at 8 months old. She is pulling to stand, and her parents are delighted with her progress and development.

For further information visit:
www.daytotjourneys.com/daytot-joey

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