

MOVE and Physio: Information for Parents

- ▶ **What is MOVE and what can I do at home to help and support my child?**

- ▶ **Other information sessions:**
 - ▶ Positioning and 24 hour postural management including sleep systems and seating
 - ▶ Stretches and passive movements
 - ▶ Standing frames and walkers
 - ▶ Activity ideas

- ▶ **More information at: move@enhamtrust.org.uk**



Here at Fiveway's we like to “MOVE it,”

- ▶ **Movement is good for lots of reasons**
- ▶ **Fitness** – heart, lungs, digestive systems
- ▶ **Flexibility** – joints and muscles get a stretch
- ▶ **Accessing activities** – being able to see, reach and join in
- ▶ **Social interaction**– being at the same level as your friends and keeping up with them
- ▶ **Learning**- about your body and your environment, making choices
- ▶ **Its FUN!!**

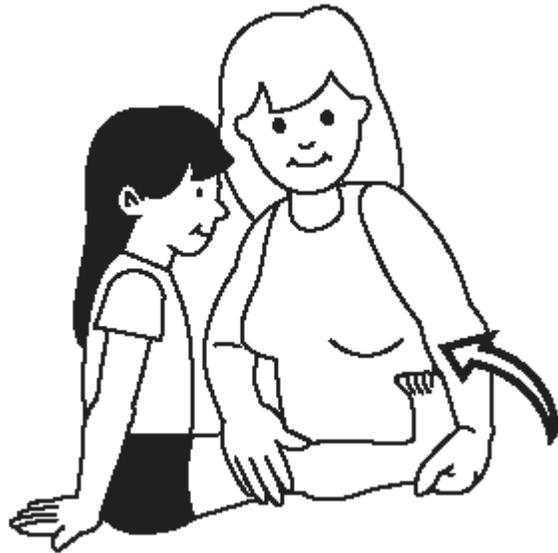


The MOVE Programme is an activity based practice that helps disabled children and young adults gain independent movement. It uses the combined approach of education, therapy and family knowledge to teach the skills of sitting, standing, walking and transitioning between.

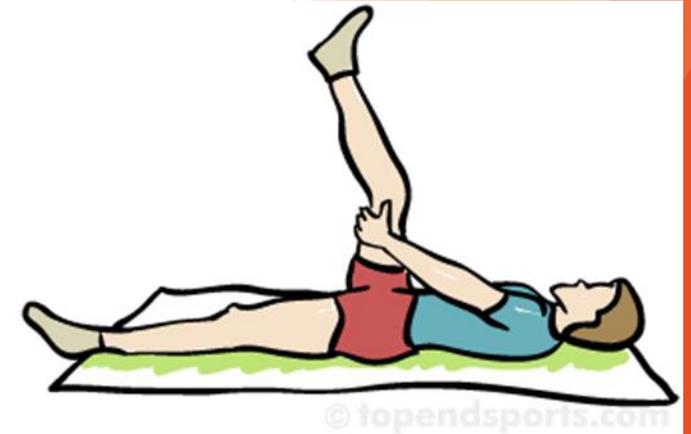
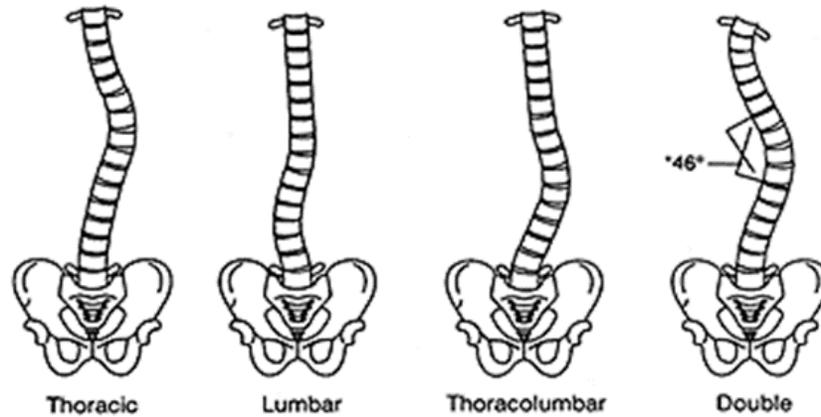


MOVE looks at what a child can do and what goals are important for them and their family

Physio's, OT and Drs also looks at body structure ie muscles and bones. This can help identify why a child can't do something and aims to maintain a healthy body

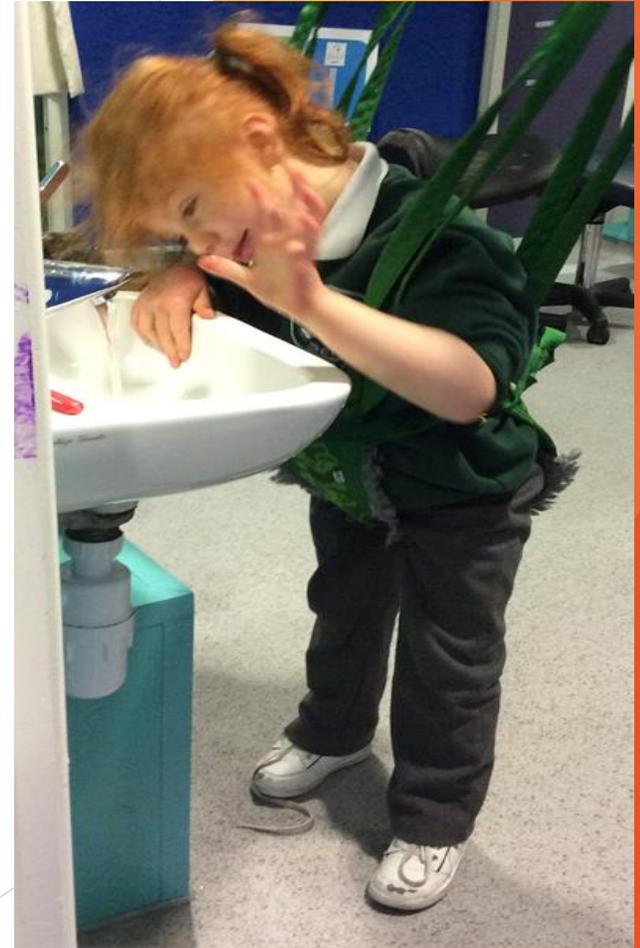


Curve Patterns



Families know their children well and what is important to them

- ▶ You can decide what goals you think are important for your child, for example;
- ▶ Being able to sit on the edge of a bed to help with dressing
- ▶ Being able to walk with a walker
- ▶ Being able to go up a step to visit granddad





MOVE at home (during a pandemic and always)

There are MOVE opportunities throughout the whole day, you can practice MOVE whilst doing everyday activities.

Think about your child's day and how you can give them opportunities to work on their goals.

For example;

- ▶ Active Sitting – not just sitting with all straps done up and being recline
- ▶ Standing with support as needed
- ▶ Lying -especially on their tummy

Start the day with movement and a stretch !!

- ▶ Many children are quite stiff having been in bed all night
- ▶ Giving them a stretch and roll in bed can help ease stiff joints and muscles

- ▶ **Stretching**
- ▶ Remember to start at hips and shoulders and work out towards hands and feet
- ▶ Give your child time to relax and tell them what you are doing
- ▶ Hold your child firmly to support the limb and hold a stretch for at least 20 seconds

Splints - more info on equipment slides

- ▶ Continue to use splints at home as if they were on a school day to avoid deterioration
- ▶ Children are often more comfortable in splints and can do more.
- ▶ Take them off for fun activities e.g. foot spas, foot painting massages
- ▶ paddling pools etc
- ▶ Note any red area that don't diminish after about 20 minute and inform Orthotics dept at YDH

Seating more info on equipment slides

- ▶ Many children will have specialist seating provided by OTs for use at meal times and to support your child in a good position for play and activities
- ▶ After meals times can you remove the top/chest strap to allow your child to work a bit harder, get them to look all around e.g bubbles, to reach as able in all directions for toys items. Can they wipe the tray ?
- ▶ While sitting try some messy activities E.g. bowl filled with rice pasta , shaving foam, jelly , sand , water

What is equipment for ?

- ▶ To allow you to do something
 - ▶ by making it easier
 - ▶ and without causing damage to your body
- ▶ To be included with others
- ▶ Lying on the floor is safe but not useful and would make you very weak
- To have a change of position, for self esteem , to reduce discomfort

Try to use equipment every day

- ▶ Can you have your child's walker, standing frame or a trike at home?
- ▶ Please call school to arrange collection/loan
- ▶ NHS physios and assistants have resources to help you and can also do video calls.
for South Somerset children please call
01935 848246
all year, not just term time



Simple Move ideas with out equipment



- ▶ **Lying on tummy or side**
- ▶ Use pillows, towels soft toys to support
- ▶ You could use sensory experiences e.g. shaving foam, flashing lights or water play, to make the activities fun and encourage your child to reach and move their head.

Rolling



- ▶ Either on a blanket/bath towel on the floor or on a double bed (make sure your child won't roll off) .
- ▶ Can your child roll if encouraged with an activity or song, ect.
- ▶ Start lying on back
- ▶ bend knees to help rolling to side or cross one leg over the other
- ▶ Then support your child to roll onto their side and tummy (demonstrated in video)

Sitting



- ▶ On the floor
- ▶ On a stool or bench
- ▶ On a chair
- ▶ What support does your child need whilst sitting, e.g. teddy pants, adult support from the side or behind, or are they able to sit independently for small periods of time?

- ▶ Can they reach out from this position to access toys or activities?

Sitting on a bench, bed or chair

- ▶ Try to have the right size so your child's feet touch the floor
- ▶ Get bottom back so that the legs are fully supported under the thighs
- ▶ Try supporting from behind and also Infront





Sit to stand

Sit to stand is helpful when transferring your child from one piece of equipment to another, for example moving from a chair to a wheelchair, or moving out of equipment.

If you lean your child forward (nose over toes!) this will hopefully encourage your child to stand up, they can then be supported at hips or where appropriate for your child.

Walking

- ▶ Your child may have equipment to help them walk, such as a full body walker, it is important to use these where you can.



Useful information

- ▶ Bubblebee physio: <https://www.facebook.com/bumblebeephysio> offers advice about being active at home for children with physical disabilities.
- ▶ Erika and Kirsteen will be conducting Zoom sessions to talk to you about any queries about your child's MOVE. These are on Monday the 13th at 10am and Wednesday the 15th at 2pm. If you are interested please contact Fiveways (01935476227) to let them know.