

Case Study #1

Diagnosis: Intrauterine Stroke

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Period: Two-month trial, 2012

Subject: 19 month-old female

Conducted

By: Dr. Mary Jane Baniak

Diagnosis: Left upper and lower extremity weakness and an increase in neurological tone in the same extremities due to intrauterine cerebrovascular incident (stroke). Child uses her right hand dominantly and uses her left hand to assist with gross lifting skills. She has tightness in her left heel cord and requires an AFO (ankle foot orthosis) to heel strike during the initial phase of the gait cycle.

Therapy: The MightyTykes weights were primarily used on her left wrist to provide added weight as well as proprioceptive input. Activities such as pulling objects from a Velcro board and grabbing object across midline using a PNF technique were used to promote open chain functional movements.

There were also trials using a heavier weight on the right wrist with a lighter weight on the left wrist. The child sometimes tolerated the weights better when they were applied bilaterally. Symmetrical midline activities were completed when the weights were placed in a bilateral manner (heavier weight on the right wrist). The ankle weight was used to give proprioceptive cueing to the left foot/ankle to increase a flat foot position during weight bearing and walking.

Results: The weights proved an effective adjunct to therapy for both proprioception and strengthening skills used during functional and developmental activities. There was improvement noted with this skill when the weight was applied in conjunction with the AFO.

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