

# Case Study #2

## Diagnosis: Gross Motor Delays, In toeing, Toe Walking

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**Period:** Two-month trial, 2012

**Subject:** 28-month-old female

**Conducted**

**By:** Dr. Mary Jane Baniak

**Diagnosis:** There was no official diagnosis on this child. She had a mild gross motor delay and atypical motor development. She only initiated stepping up with her right leg and stepping down with her left leg, thus having some asymmetry with stepping patterns. She also walks on her toes 50% of the time and has some mild tightness in her heel cords. This child is a “w” sitter during play, as well. Her gait appearance reflects mild intoeing. She also has some atypical sensory regulation areas with textures.

**Therapy:** The MightyTykes weights were used on both lower extremities during indoor play to promote the heel strike phase of gait and to help decrease toe walking. She used them while playing on indoor small slides, stepping up and down small steps, and walking on uneven and even terrain both indoors and outdoors.

The ankle weights were used to give proprioceptive cueing and to provide a sensory and weighted input to increase a flat foot position during weight bearing and walking.

We used the weights as cueing to ring sit and to discourage “w” sit. We decorated the weights with stickers while she sat in a ring sit position to increase the tolerance to this position.

We also used the weights on the left leg only when working on stepping to encourage increased strength, proprioception, and cueing on that side.

**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 flat foot weight bearing (decreased toe walking) during gait while wearing the weights. They also provided a good visual cue when working on symmetry skills with stepping up and down small steps and when encouraging ring sitting.

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