

NOONAN FACT FILE

Noonan Syndrome Society Unit 5 Brindley Business Park
Chaseside Drive Connock Staffs W511 1GD
(Tel 0922-415500) Reg. Charity No. 298854

PHYSIOTHERAPY - SCOLIOSIS

The following daily exercises are designed to maintain mobility of the spine in a child with Scoliosis (curvature of the spine).

Lying over a roll placed under the longest side to stretch the short side, practise deep breathing.

Kneel on all fours. Stretch out opposite arm and leg, hold for a count of 5 then slowly lower, repeat with other arm and leg.

Kneel on all fours, mother holding hips. Crawl around to the longest side to stretch the short side.

Lying on back, raise up to a sitting position without using arms. Keep legs out straight and slowly lower back to the lying position.

Lie on tummy, fold arms under forehead, legs straight out, then raise arms, head and legs, lower slowly.

Standing with back against wall, stretch up as all as possible, hold for a count of 5, then relax.

Stand with legs astride, arms above head, bend over towards the longest side to stretch out the short side.

Lie down on the short side over a roll with arms above head. With mother holding feet down, raise trunk up to be in line with hips, lower slowly.

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PHYSIOTHERAPY - HANDWRITING TIPS

We take handwriting for granted, little realising that for certain people this is not an easy task. Children with Noonan syndrome often have wide carrying angle at the elbow and poor muscle tone and this can cause problems with the posture required for easier handwriting technique. The awkward angle at which the arm is held during writing often causes the arm to ache and students ultimately take much longer to complete a page of writing.

The exercises under the heading Arms & Hands are designed to develop the muscles and help co-ordination and the following simple basic rules may eventually lead to a better handwriting flow and enjoyment.

POSTURE AND PAPER POSITION

It is most beneficial for the eyes if the main source of light is directed from the left-hand side. Try to sit comfortably, with feet resting flat on the ground, lean slightly forward, but do not slouch over the table. The most suitable way is to keep the eyes at least 12 inches above the table, it is usual to hold the writing tool in the right hand with the left hand placed on the paper to keep it from moving around. Try to keep the paper straight in front of you, not at an angle as leaning to one side or leaning over the paper can lead to distortions of the body and also the handwriting. Long periods of writing if positioned incorrectly will lead to aching muscles and in extreme cases can restrict breathing.

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PHYSIOTHERAPY - LEGS & FEET

SITTING

1. With bare feet flat on the floor, spread toes outwards then together again, keeping them in contact with the floor. Repeat 10 times daily.
2. With bare feet flat on the floor, try to lift each toe in turn, keeping the others in contact with the floor.

STANDING

1. Running on the spot, lifting knees as high as possible.
2. Running on the toes, moving forward and backwards.
3. Walking on the heels.
4. Walking on the outside edge of the feet.
5. Pick up a pencil with the toes, hold for a count of five then put it down. Repeat 10 times with each foot.
6. With a strap or ribbon under the ball of the foot try to work the strap or ribbon sideways, twisting the toes away from the big toe.
7. With a strap or ribbon lengthways from heel to toe, work the toes down and backwards to pull the whole strap or ribbon under the foot, whilst keeping the heel in contact with the ground.
8. Standing on one leg, try to maintain balance for 10 seconds. Repeat, standing on the other leg.
9. Hop three times on one leg, repeat with the other leg, then jump three times with feet together. Repeat 5 times. Try hopping sideways and backwards and forwards with each foot - 10 times each direction.
10. Jumping Jacks - standing with feet together, arms straight down - jump feet astride, arms raised to shoulder level. Then jump feet together and lower arms to sides.
11. Left & Right - check that the child knows which is left and right. Jump sideways to the right, then to the left, then backwards and forwards. Vary the instructions to try and catch the child out.
12. Try walking on the toes, also skipping on toes. Hop on toes, backwards and forwards and sideways with each foot.
13. Walk along a chalk line, making sure the foot is parallel to the line. Then try working along the line on the insides of the feet.
14. Walk up and down stairs sideways, one step at a time. Change over to lead with the other foot.
15. Giving some support - hold one leg, push towards child with this leg to make child use muscles of the feet to balance, change legs.

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PHYSIOTHERAPY - GENERAL EXERCISES

WARM UP

- * Running on the spot, lifting knees as high as possible,
- * Running on the toes, moving forward and backwards,
- * Walking on the heels,
- * Walking on the outside edge of the feet.

LEGS

1. Standing on one leg, try to maintain balance for 10 seconds. Repeat standing on the other leg.
2. Hop three times on one leg, repeat with the other leg, then jump three times with feet together. Repeat three times.
3. Jumping Jacks - standing with feet together and arms straight down - jump feet astride, arms raised to shoulder level. Then jump feet together and lower arms to sides.
4. Left & Right - check that the child knows which is left and right. Jump sideways to the right, then to the left, then backwards and forwards. Vary the instructions to try and catch the child out and MAKE IT FUN.

BACKS

1. Lying on back, put legs in the air and pedal as if cycling. Encourage the child to ride a bicycle if possible.
2. Lie on back - with knees bent, raise bottom as high as possible, hold the position, lower and repeat three times. With a small child pretend they are making a bridge - encourage them to hold the position by pushing a car or a train under the bridge.

TUMMY

1. Lying on tummy, put arms behind the back clasping hands, stretch hands down towards bottom and raise head and shoulders as high as possible. Repeat 5 times.
2. Lying on tummy, do a modified press up - keeping hips and legs on the floor, straighten elbows, raise upper body and try to look at the ceiling. Repeat 5 times. Progress to press ups with the body in a straight line with the weight on flexed toes.
3. Wheelbarrows - start off using forearms to "walk" and gradually straighten the arms. This will build the child up to doing press ups.
4. Lying on tummy, raise both arms, legs and head - aeroplane fashion, count down 5 - zero (blast off!)