F1: Hypotonia Update

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Learning objectives:
At the conclusion of the session, participants will be able to:

1. Describe how hypotonia might be measured
2. Identify which interventions targeting hypotonia are evidence based
3. Create a "Care Pathway" for an individual child with severe to moderate hypotonia

Session description:
Congenital hypotonia can be central or peripheral in origin and the therapeutic management of these two groups is distinct. Central hypotonia may have a genetic basis such as Down syndrome or the cause may be unknown. Hypotonia syndrome is defined by Kathy Martin as "a human movement system syndrome characterized by decreased strength, increased flexibility/muscle extensibility, hypermobility, decreased activity tolerance, delayed motor abilities or skills, leaning on supports, and rounded shoulder posture". This course will identify and evaluate the evidence supporting interventions commonly used by physical (PT) and occupational therapists (OT) for children with central hypotonia.

Content references:

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4. Paleg, G and Livingstone R. Systematic Review and Evidence-Based Clinical Recommendations for Dosage of Supported Standing Programs for Adults with Neuromotor Conditions. BMC Musculoskelet Disord. 2015 Nov 17; 16(1):358.
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