
PHYSICAL THERAPY RESOURCES Ages birth to 3 years old

Physical therapy for infants and young children with Down syndrome provides two important benefits. One is to promote the best possible functional movement patterns and posture early in life. Secondly, early physical therapy in the development of gross motor skills provides parents the opportunity to observe how children with Down syndrome learn. Understanding the learning styles of children with Down syndrome will help parents work with other learning challenges such as language, general education and social skills.

The goal of physical therapy is to minimize the development of the compensatory movement patterns that children with Down syndrome are prone to develop. – Pat Winders, PT

Physical therapy exercise videos:

<https://www.cedarsstory.com/physical-therapy-exercises-babies-syndrome/>

<https://www.youtube.com/playlist?list=PL23E961404CDAA8D4>

<https://www.downs-syndrome.org.uk/news/growing-up-with-downs-syndrome-activities-for-young-children/>

Webinars:

<https://www.globaldownsyndrome.org/global-webinar-series-winter-2018-recap/>

<http://www.childrenshospital.org/centers-and-services/programs/a--e/down-syndrome-program/patient-resources> - about half way down look for video "Physical Therapy and Down Syndrome"

Books and Articles:

<http://www.globaldownsyndrome.org/wp-content/uploads/2018/12/12-07-2018-Webinar-PPT.pdf>

Gross Motor Skills in Children with Down Syndrome: A Guide for Parents and Professionals. Patricia C. Winders. Bethesda, MD: Woodbine House. (1997)-
<https://www.amazon.com>

The following contain many pictures that show positioning

<https://www.easterseals.com/our-programs/childrens-services/physical-therapy-for-parents-to-do-with-babies-with-down-syndrome.html>

<https://www.ndss.org/resources/physical-therapy-down-syndrome/>

<http://www.ds-health.com/physther.htm>
