

Kennedy Krieger Institute

Child and Family Support Program Happy Feet: Gait Improvement Therapy Group

What:

- ❖ Group therapy for children who have difficulty walking

Who:

- ❖ Children 18 months–3 years old who walk independently but have mild gait deviations (poor balance, stumbling, tripping, walking on their toes) or an immature way of walking
- ❖ Children who are currently receiving physical therapy services but could benefit from additional group therapy, or who are almost done with physical therapy and need one last boost of skills with a new approach
- ❖ Families interested in and willing to commit to a 10-week session (1 hour per week)

When:

- ❖ Tuesdays, 11:15 a.m.–12:15 p.m., for 10 weeks (10-week sessions are held quarterly, starting in January, April, July and October)

Important Information:

- ❖ This is an opportunity for children to socialize and interact with other children who have similar needs.
- ❖ It's also an opportunity for parents to network with other families.
- ❖ Parent involvement in group therapy builds skill and confidence in working with children at home.
- ❖ Therapy activities are tailored to the individual needs of each child.
- ❖ Group activities include:
 - Range of motion exercises
 - Core and lower extremity strengthening
 - Balance and proprioceptive training
 - Walking on different surfaces and in unfamiliar environments
 - Stair training
 - Trialing modalities such as Kinesio tape, de-rotation straps, heel wedges and shoe inserts (as needed)
 - Parent education

For more information, contact
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Family Support Program at 443-923-3285 or
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