



Kennedy Krieger Institute

Happy Feet: Gait Improvement Therapy Group *Child and Family Support Program* Kennedy Krieger institute

What:

- ❖ *Group Therapy For Children Who Have Difficulty Walking*

Who:

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

When:

- ❖ *Tuesdays 11:15-12:15 for 10 weeks (Quarterly: Jan, April, July, Oct)*

Important Information:

- ❖ *Opportunity for children to socialize and interact with other children with similar needs.*
- ❖ *Opportunity for parents to network with other families.*
- ❖ *Parent involvement in group builds skill and confidence working with children at home.*
- ❖ *Therapy activities tailored to the individual needs of each child.*
- ❖ *Group activities to include:*
 - *Range of motion*
 - *Core and lower extremity strengthening*
 - *Balance and proprioceptive training*
 - *Walking on different surfaces and in unfamiliar environments*
 - *Stair training*
 - *Modalities such as Kinesio-tape, derotation straps, heel wedges, and shoe inserts can be trialed as needed.*
 - *Parent education*

For more information, contact Mindy Golden at Kennedy Krieger Institute's Child and Family Support Program at 443-923-3285 or golden@kennedykrieger.org

