LOW MUSCLE TONE IN CHILDREN

What is low muscle tone?

Muscle tone is not the same as muscle strength. The term "muscle tone" is used to describe the amount of resting tension in a muscle/the resistance of a muscle to movement. Muscle tone helps our bodies to stay upright against gravity and produce fluid body movements instead of jerky, uncoordinated movement. Low muscle tone means that it takes more stimulation for a muscle to activate and therefore it needs more energy to do it is job.

Why is it important to address low muscle tone?

Seeking therapy for low muscle tone problems will enable your child to:
- Cope better with a full day of school and the demands of an academic environment.
- Increase participation in sporting activities that will encourage an active lifestyle.
- Build self-confidence as it is easy for them to feel inferior to their peers when they are not able to perform at the same level.
- Improve fine motor skills and self-care tasks.
- Prevent long-term effects of low muscle tone like headaches and back pain.

How to identify low muscle tone:

Infants and babies:
- Difficulty with sucking/feeding
- Poor head control/unable to lift the head or keep the head up
- Late with developmental milestones e.g. sitting, crawling, walking
- Bum shuffling or bear walking instead of crawling

Young children:
- W-sitting
- Hypermobility of joints
- Increased flexibility
- Poor posture/slouching
- Decreased endurance with physical activities e.g. tires easily when walking longer distances.
- Clumsiness/frequently falling or losing balance
- Preference for more sedentary type activities
- Difficulty with tasks that require coordination e.g. swimming, cycling, skipping, galloping.
- Struggling to sit still/pursues movement to an extent where it interferes with their daily routine

Exercises for Low Muscle Tone

1. Star jumps
2. Wheelbarrow walks
3. Superman
4. Crab walks
5. Four point kneeling: opposite elbow to knee

VISIT OUR WEBSITE

WWW.CHRISTIANMOOLMAN.COM