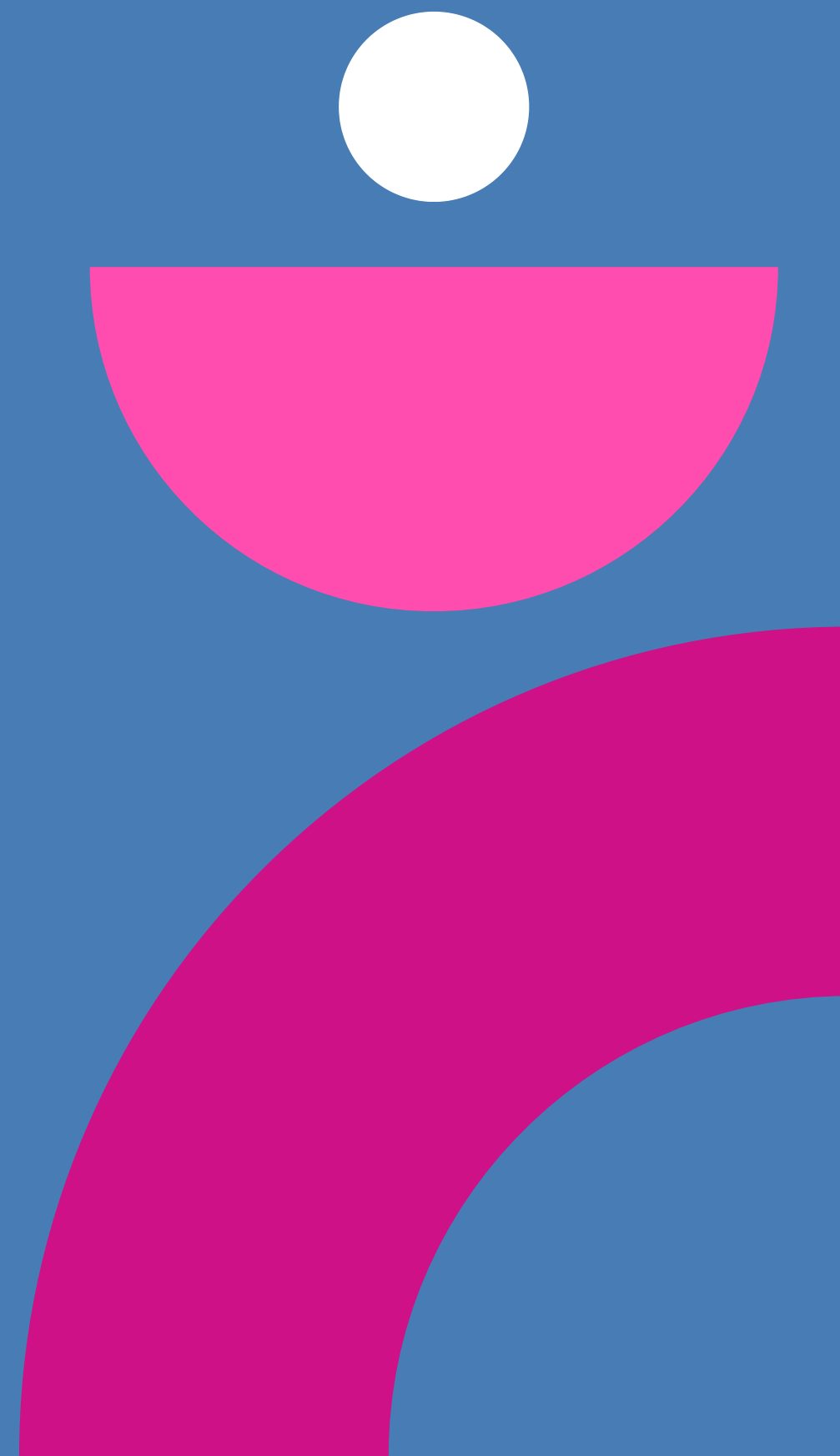


Total  
Children's  
Therapy

# Hypermobility Package for the Under 5's

[WWW.TOTALCHILDRENTHERAPY.CO.UK](http://WWW.TOTALCHILDRENTHERAPY.CO.UK)





## What is hypermobility?

### OUTLINE

Children who are described as hypermobile, are generally a bit more 'bendy' and have a greater range of movement in their joints than their peers. There are often other family members with bendy joints or what is sometimes called 'double jointed' joints. It is not something to be afraid of or worried about.

## How can it affect my child?

As a result of the hypermobility your child may...

- Tire more easily than their peers due to the extra effort they have to use to stabilise and move themselves.
- Shy away from activities which require stability to complete.
- Complete tasks with speed and poor control, sometimes crashing to a stop, they will often use short bursts of activity
- Appear unaware of their body position in relation to others and objects - these children often have reduced joint sense/feedback.

# Hypermobility in the under 5's

## WHAT CAN I DO TO HELP?

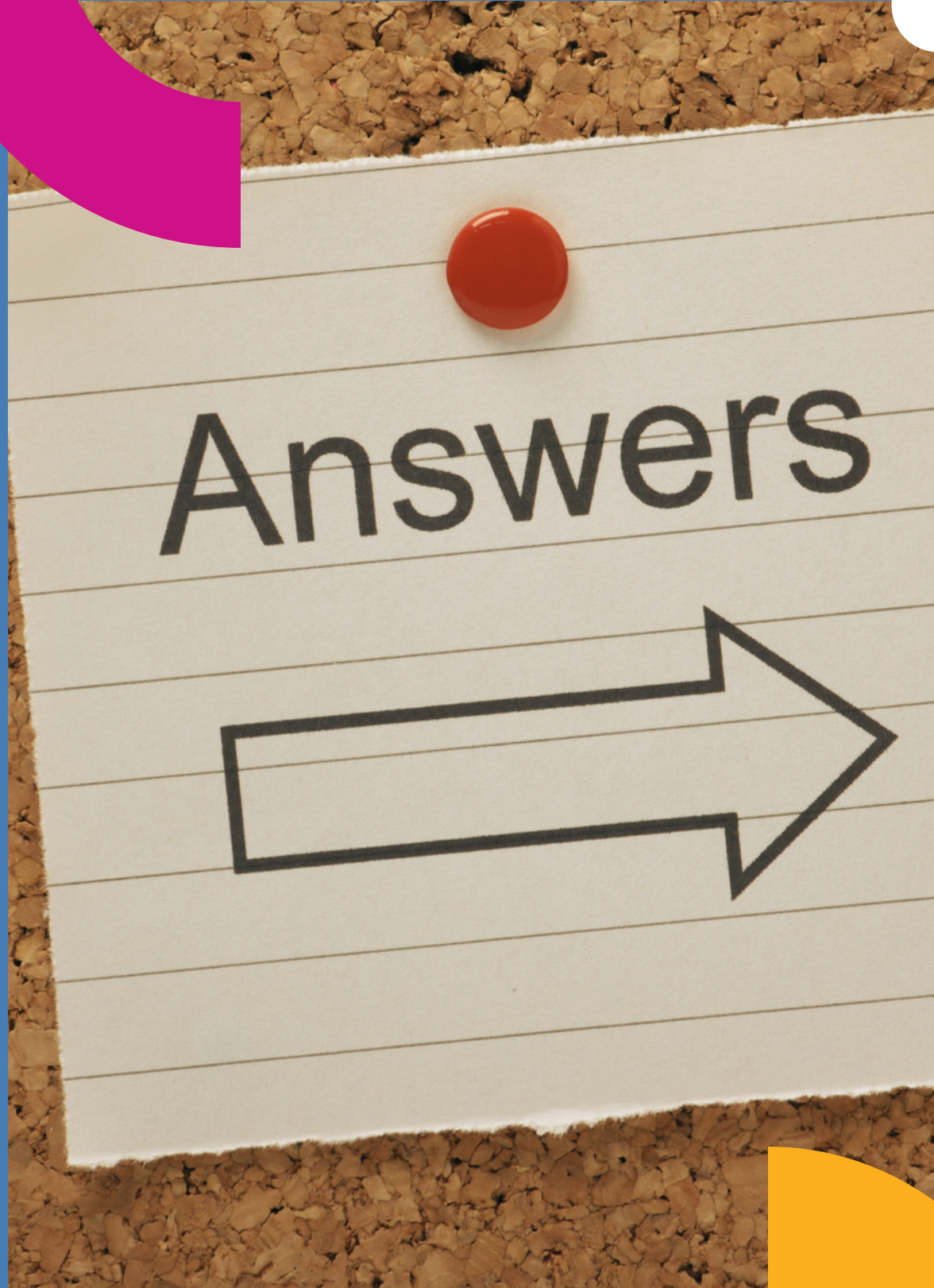
The best bit of news is there is a lot you can do to help and support your little one for example:

- Encourage weight bearing on flat hands/feet (e.g. crawling, bear walking, lying on tummy and propping on elbows, supported standing)
- Break down physical activities into short bursts, keep gently progressing boundaries.
- Encourage a variety of play inside and outside.

For more information or a bespoke package for your little one we can offer our Hypermobility Package for the Under 5's. Please see overleaf for full details.







# Hypermobility Package for the Under 5's

## PACKAGE OUTLINE

You and your child will receive the 1:1 support from one of our experienced paediatric physiotherapists.

We offer face to face appointments, and give you ideas, support and games to play that are specific to you and your family.

We also offer you the reassurance and professional advice to ensure that you feel confident as your little one develops and grows.

- **Initial 60 mins appt** with a little summary of advice and recommendations
- **Nursery or home visit (60 mins)** with a little summary of advice and recommendations
- **2 month follow up (30 mins)** with an email summary and recommendations
- **4 month follow up (30 mins)** with an email summary and recommendations
- **8 month follow up (30 mins)** with an email summary and recommendations

**Package Fee £450**



FOR FURTHER DETAILS OR TO MAKE A BOOKING

# Contact us

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