

A PHYSICAL THERAPISTS VIEWPOINT

Written by:

Clay Lowder, P. T.

and Karen A. Hughes, A.P.E. Teacher



We are a school physical therapist and adaptive physical education teacher that works with Hannah Krum during the school year. Hannah is a very active child who works hard not letting Morquio slow her down. She has a great family support system that encourages her in all areas.

As therapists, we implement activities that involve exercises for increasing strength, endurance, and respiratory capacity. These exercises and activities are designed for a low impact so as to prevent any further joint damage or pain. This makes aquatic therapy ideal because anything done in the water is low impact.

In the pool, we concentrate on increasing her respiratory capacity by submerging to

retrieve objects off the bottom of the five foot pool, swimming distances under water, swimming lengths of the pool using a variety of strokes, or having races using various pool accessories. Running in the two foot pool, while playing a modified baseball game makes for a hard workout because of the resistance caused by the water.

At school in addition to consulting with teachers on adaptive equipment in the class room we do therapy using strengthening exercises, bike riding, push scooter riding, scooterboard games, obstacle courses and a variety of other activities. Even fund raising events have been adapted for Hannah to participate with her peers.

It's important that any therapists working with Morquio children have a knowledge of the physical restrictions caused by the syndrome so they may implement all safety precautions such as helmet, pads, proper shoes, etc. It's essential to stay active. Find activities your child enjoys, adapt it to their need or ability, and do it with them.

Submitted by: Maria Krum, Hannah's mom.