UP AND GO!
GAYLE WIENS, PT, ATS

Early Access to Mobility for All Young Children
AzTAP Phoenix
602-728-9534 phone
602-728-9535 fax
300 W. Clarendon Ave.
Phoenix AZ 85013
Website: aztap.org
Online catalog and check out

IHD Flagstaff
912 Riordan Rd.
Flagstaff AZ 86-11-5630
928-523-4628 phone
928-523-4953 fax
WHY WORK ON MOBILITY SO EARLY?

Children with mild spina bifida, who simply crawled late, had cognitive-spatial deficits that persisted in adulthood.
Typical toddlers have more than 100 trillion connections/synapses at age 2, the most they will EVER have in their life. We don’t have much time before the unused connections start being pruned out. Use it or lose it! This is the reality in brain development.
1 is the mildest disability, 5 is the most challenged. Who needs early mobility? ANY of these children that experience a delay in independent mobility.
In my experiences with early mobility, a burst of development happens when the child is able to be independently mobile, able to experiment with moving and turning towards their target. This matches the Campos finding that locomotion causes a burst of development.

Late independent mobility means lost opportunities to build specific skills (and corresponding brain development).

Learning where things are in relationship to your body.

**ONE EXAMPLE: DIRECTIONALITY**
MAKING IT POSSIBLE!
MAKING IT POSSIBLE!

FOR CHILDREN WITH CHALLENGES WITH THEIR LEGS

Leg problem? No Problem. Borrow a Zip Zac from the Up and Go Project. If it works, build your own.
Instructions online http://www.instructables.com/id/DIY-Bumbo-Wheelchair-for-Kids/
NEED SOMETHING BIGGER THAN THE ZIPZAC?

CYCLONE FROM WALMART.COM ABOUT $40.
ARMS A PROBLEM TOO?

Borrow a KidWalk Gait trainer from an Up and Go site or from AzTAP.
Changing a characteristic posture for a highly meaningful activity
HEAD CONTROL A CHALLENGE TOO?

Add the Head Pod to a gait trainer or to a seating device to use with the switch driven scooter.
KIDWALK TRIAL
WITH HEADPOD
WITH SENSITIVE CHILD
USING THE KIDWALK FOR STANDING AND PARTICIPATING.

Better than a stander, while there may be some sitting, there will also be active standing, opportunities for participation, less locking of the lower extremities, and learning to use legs for movement.
CHILD USING GRILLO

Mike Khulmann
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RIFTON GAIT TRAINER
Do you know a child that does not use their hands and arms for support?

Or a child unable to use one hand to hold on to a traditional walker?
A couple years later....
CHILD WITH MILD ATHETOSIS TRYING WALKER WITH SUPPORTS.
PROGRESSING TOWARDS WALKING
When a child has difficulty holding on; Apert syndrome with syndactly.
FIRST TRY WITH WALKER (FOREARM SUPPORTS ARE TOO WIDE AND TOO HIGH)
REGULAR WALKER
WITH EXTRA SUPPORTS
THE DAY THE WALKER ARRIVES
STRENGTH OR MOVEMENT AN ISSUE?

Borrow a scooter from Up and Go or AzTAP.
A workshop for parents to build a scooter is planned, likely in February. Details will be through AzTAP.
CHILD WITH GREAT COGNITION WHO NEEDS INDEPENDENT MOBILITY
EARLY USE OF POWER CHAIRS
Problem? Child think through and solve a
can be the ticket! Watch this
activity. A switch driven scooter
motivating, highly meaningful
seeing it. You need a highly
capable, even if you aren’t
cognitive ability than it first
Many children have more

COGNITIVE CHALLENGES?
My daughter Mayzie is 2.5yrs old. Unlike her twin brother, she is completely non-ambulatory. She longs to interact with others, as she much prefers social interaction over any toy. The scooter allows Mayzie to move; she LOVES to move. To see her be able to interact with her siblings is an amazing thing. With the switch activation, she has the ability to move in various directions... and she DOES it- she moves!! She moves herself!! It is truly an incredible sight to see. She can explore the environment around her at her own pace, taking time to process when she needs to. This scooter has made a HUGE impact in not only Mayzie's life, but our whole family's. We feel blessed to have had the opportunity to trial it, and are looking forward to others being able to share in the joy this scooter brings!
SPINNING IS OK!