

Apply EBP's 3 Practical Takeaways

From the article: *“Promoting participation in physical activity among children and adolescents with Down syndrome.”* Wentz, E. E., Looper, J., Menear, K. S., Rohadia, D., & Shields, N. (2021). *Physical Therapy*.

Down Syndrome: Promoting Physical Activity Participation from Infancy through Adolescence

1

Infancy

- Intentional, progressive prone positioning (tummy time)
- Kicking activities in supine
- Movement exploration allowing children to figure out how their body moves vs. “correct” movement patterns

2

Childhood

- Bike riding
- Child-chosen activities, such as kickball, yoga and dance class

3

Adolescence

- Progressive resistance training with a peer “buddy”
- Progressive resistance training in a local gym setting vs. a clinical facility