

21st November 2005

Tamsin COLLEY DOB 10/9/02

Tamsin Colley has continued to attend weekly private physiotherapy in addition to services provided by Sydney Children's Hospital. Tamsin carries out a home therapy programme targeting motor skills each week.

General Observations

Tamsin continues to enjoy her therapy sessions and participates fully. Since her last review in late August, Tamsin has become increasingly independent in her ambulation. She has begun using walking as her main form of mobility. Her confidence has improved steadily. Tamsin has also made tremendous gains in her speech and often chats throughout her session. Her speech remains slow, but is easily understood most of the time.

Motor Control

Tamsin continues to show a preference for her left hand in play activities, though she does use both hands.

Tamsin is now able to walk long distances (up to 10m) without assistance. She occasionally falls back onto her bottom, but stands up again and continues. Her base of support remains very wide (20-25 cm) and she uses circumduction to bring her right foot through as she steps. She generally lands on her right foot in plantarflexion, though she has good active range of dorsiflexion when it is isolated.

Tamsin is beginning to turn around when she is walking. She prefers to turn to her right and occasionally loses her balance if she turns quickly.

Tamsin is able to step up onto a 10 cm step without assistance, though this skill is still inconsistent. She has difficulty in controlling her forward weight shift and will often attempt to step before she has her weight over her support leg. When instructed to break it down into placing her left foot up on the step and then stepping up with her right foot when she is steady, she was able to achieve this goal. Interestingly, Tamsin had similar difficulty with a much lower step which may indicate that her difficulty is related to controlling her forward weight shift, rather than generating appropriate muscle activity for the vertical lift. Tamsin always stepped with her left foot first.

Learn Movement
27 Swinbourne St
Botany 2019
Mobile 0414 714 891
Fax (02) 9695 7669

Tamsin attempts to jump. When she is unprompted, she tends to lack knee flexion at the beginning of the jump and she is unable to generate sufficient force to lift either foot off the ground, though she does push up onto her toes. When prompted to bend her knees, Tamsin actually lifts off of her left foot, but her right toes don't lift. She is able to jump from a low step, but again her right toes don't lift off.

Impression

Tamsin has continued to make exciting progress. She continues to have more difficulty using her right side than her left. Tamsin responds surprisingly well to skill breakdown and practice of components despite her young age. This ability will prove to be invaluable in refining her skills even while her ataxia remains. She is a delightful little girl with incredible determination.

Please do not hesitate to contact me if you have any questions about this assessment.

Regards,

Eileen O'Neill
Physiotherapist
Learn Movement P/L