

HAPPY STRAP!!

Low muscle tone is a very common problem under children these days. The term low muscle tone is mis-understood by many people. The child with low tone has muscles that are slow to initiate a muscle contraction, contract very slowly in response to a stimulus, and can not maintain a contraction for as long as children his age with normal tone. There are many symptoms that can be identified in a child's gross-motor and fine-motor abilities to diagnose this problem. We find this condition to be severe mostly in children with disabilities. The body starts to compensate for the insufficient strength in certain areas and muscles, and this can have an effect on the body alignment and posture.

I tried out the Happy Strap on some of the children with severe low muscle tone. It showed results within 6-8 weeks. But not as I expected. The improvement were in the stability of the hips and core area. One of our boys even started to give 3 steps on his own after wearing the Happy Strap full time for two months. This showed me that we had to get more out of it. I started trying out different positions and exercises specifically with the strap on. This is when I started to realise what the Happy Strap can do.

The Happy Strap helps to keep the legs closer together while moving around. This means that the muscles that are never used completely are now forced to work just as hard. Use the strap to activate the "lazy" muscles and get them to do some of the work.

We saw faster results in the children crawling and starting to stand up against things. The Happy Strap leads to the quadriceps to work harder in pushing up into a standing position. This makes walking easier because the right muscles have now improved and strengthen.

We also tried out the Happy Strap on a young girl with Tri du Chat syndrome. She gained confidence in moving around because of the stability in her core area. She was also forced to sit with her legs forward and avoid the "W" position which makes the ligaments even more supple and harder to strengthen. She can now move quite well without the Strap and we only put it on her for 1-2 hours a day. She is starting to walk.

I will definitely promote the Happy Strap to children with low muscle tone. Especially in the crucial time area where they start to walk and standing up towards objects. I have tested the Happy Strap in my practice on numerous children and it never disappointed me. I take the strap away before they learn to depend on the extra support too much.

Thank you for this creative initiative! In my experience it can most definitely help a lot of children.

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