

Case Study - Katie, age 14

Katie who has cerebral palsy, epilepsy, and a shunt in her head due to fluid on the brain came to Drummond school in Inverness at 3 years old. She was very tight, her hands remained in a clenched position, and she could not hold her head up. Katie spent the majority of her time restricted in a wheelchair and she was unable to do anything for herself as she was fully dependent on others. Although Katie had a programme of stretching exercises to do on a daily basis, she had no opportunities to develop functional movement e.g. independent sitting or standing.



Once attending Drummond School, Katie was placed on the MOVE Programme, and due to the difference this has made to her mobility, Katie has become happier, more confident and smiles a lot more. She is now a very sociable girl, and loves to be out in the corridor shouting to other pupils and staff. Katie now holds her head up well and is able to sit on the floor unaided. When assisted she can stand for 30 minutes, not only improving her mobility but also boosting her sense of achievement.

Katie can now use her hands to operate switches and hold objects. She can even pick up small objects in her hand and release again. She loves to hold out her hands to show us her beautifully manicured and painted nails!

Katie is rarely ill, and really enjoys being at school. She can now be very noisy and communicates well, raising a hand to signify her choice of activity.



Because Katie's weight bearing has improved so much, she is able to stand so that she no longer needs to be hoisted from chair to chair, and can transfer with only a little support from staff. She also can now sit in the chair to go into the swimming pool, and no longer needs to be hoisted. She loves being in her pacer (a supportive piece of equipment) as it gives her independence, and now she is often out of the classroom exploring the school. When getting changed for swimming, she sits on a chair with support from a member of staff, and can weight bear with help when necessary, which means she can help with the changing of her clothes. Katie loves to know that she is helping when she is doing all these tasks.

Katie's hard work on her sitting skills has also meant she can sit in a normal classroom chair at her desk independently for up to 30 minutes at a time, allowing her to be at the same level as her peers.

When Katie was very young she had problems with reflux resulting in her having two operations before she was 4 to stop her vomiting. The operations were successful; however she still gets wind in her stomach which is painful for her. When she is upright in her gait trainer or peddling on her trike this is very helpful for moving wind and helping her digestion.

Katie's mum became frustrated with doctors who continually told her that Katie would never walk and commends MOVE's positive ethos, she now believes that *"you should never say never!"*

The MOVE Programme has also had an impact on Katie's family life. She has great fun with her brother as she likes to kick out with her legs and Craig pretends to fall over. As a family, it is much easier to go out as Katie holds her head up so well now when in her chair and her parents are delighted with her progress!

As Maggie Roger, Katie's PE Teacher comments *"Katie tries so hard and her progress has been wonderful in such a short time and she is now more able to express her likes and dislikes and voices her opinion in her own way"*

Due to the nature of Katie's disability, maintaining the skills she has acquired without regressing is a huge achievement. We at MOVE are very proud of Katie and all of the hard work she has put into increasing her mobility.

