Case Study 1
Ollie is an 8 year old boy diagnosed spastic hemiplegic (Right), GMFCS I, MACS II. Mum reported that he is very distracted at school and has trouble staying on task. Ollie’s right hand is weak and has tightness in the back of his legs. Ollie’s main challenge: Attention

Pick 1 of the above postures that you would like to recommend Ollie? Why?

What are some possible physical modifications?

How might you integrate Mindfulness into his physical practice so that he can stay more focused when practicing his postures?

How might you make it fun?

Would you recommend any other postures for Ollie?

• Sense of curiosity
• Enjoyment, enthusiasm or acceptance (games/stories)
• Synchronise movement with breath (with sounds)
• Slow down
• Attend to sensory experience
Case Study 2
Sally is a 12 year old girl diagnosed with spastic diplegia, GMFCS II, MACS I. Sally wears AFOs during the day. She has weak gluteal, quadriceps and core muscles and tightness in back of her legs and hips. You noticed that Sally has difficulties with her motor planning.

Which postures would you recommend Sally? Why?

What are some possible physical modifications?

What might you do to assist Sally with her motor planning?

How might you integrate Mindfulness into her physical practice so that she can stay more focused when practicing her postures?

How might you make it fun?
Case Study 3

Alex is a 15 year old girl diagnosed with spastic diplegia, GMFCS III, MACS I. Alex can walk assisted with a K-walker for short distances, but he uses a wheelchair for long distances. Alex can transition (from sitting to standing etc) independently at a slow pace. Alex’s main challenge: Physical limitations

Which postures would you recommend Alex? Why?

What are some possible physical modifications?

How might you integrate Mindfulness into her practice so that she can stay more focused?

How might you make it fun?
Case Study 4
Sam is a 6 year old boy diagnosed with spastic diplegia, GMFCS II, MACS I. He wears AFOs during the day. Sam has weak gluteal, quadriceps and core muscles, and tightness in back of his legs and hips. Sam has also been diagnosed with ASD. Mum reported that he has some behaviour challenges and he can be “shy” because he does not like to participate in group activities. Sam’s main challenge: Participation/Behaviour

What might you do to make the group work easier for Sam?

What might you do to facilitate positive behaviours for Sam when working with him?

Which postures would you recommend Sam? What are some possible physical modifications?

How might you integrate Mindfulness into his practice so that he can stay more focused when practicing?

How might you make it fun?