What’s With All of The Strength Training?

In the 1970s, strength training in children was discouraged, and this belief has remained steadfast in people’s minds. There were concerns that children would break bones or permanently damage their growth plate, not to mention the safety concerns. So if this is true, why does Tender Ones focus so much on strength training?

Well… because the above isn’t true! A recent review published in Pediatrics indicates that strength training is safe and beneficial for children. There is even evidence suggesting that strength training is extremely beneficial for children with cerebral palsy, as well.

What Research Says…

The review put out by Pediatrics found that children ages 6-18 could increase their strength through strength training, and consistency with the program is one of the most important factors. Strength training has been shown to even prevent injuries in children rather than provoking them, as was previously thought.

Studies looking at strength training in children with cerebral palsy also found positive results. Strength gains were noted in the varied studies consistently, as long at the strength training continued. Some studies also noted improvements in body image, single leg stance, and even gait kinematics. Gait kinematics describes the way we walk. Some of the differences noted in the various studies included a reduction in crouched gait and an increase in speed. There were also improvements noted in the running, jumping and stair climbing skills!

All of the studies suggest that strength training, when done safely, can be very beneficial to most children! It is important to note that consistency with the program was found to be very important, so keep up with your visits and home exercise programs. See you at the weights!

Now’s the time to sign up for 2011 summer intensives!!!

The Intensive sessions are 2-3 weeks of Physical and/or Occupational Therapy for 3-4 hours a day 5 days per week. It’s a great way to get a burst of therapy to help reach certain goals and milestones.

A Round of Applause

Congratulations to these Terrific TOTS for their recent achievements…

♥ Zach Buffington, an avid hunter with cerebral palsy, scored an 8 point buck! Congratulations, Zach!
T.O.T.S. Classified

If you are looking to sell, buy, or donate equipment, this is the place for you!
Please email starla@tenderones.com for ad space in the monthly newsletter.

**Freedom Concept Bike (see picture)**

*Color:* blue

*Condition:* excellent

*Price:* $2400 (negotiable)

*Included:* Bike, Manual, Tools for Adjustments

*Contact:* Rhonda Clark (770)540-8822

**Right Side Drive Manual Wheelchair**

*Color:* Black

*Condition:* good, used

*Price:* Free to a good home

*Contact:* Lisa Kitchens

mrslisakitchens@yahoo.com

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