

Angelman syndrome (AS)

Physiotherapy

Due to neuromuscular and skeletal issues, many children with AS have balance and gait issues, and some struggle to be independently mobile. Physical therapy or physiotherapy (sometimes abbreviated to PT) is the health care profession primarily concerned with the remediation of impairments and disabilities.

Paediatric physical therapists work with children and their families to assist each child in reaching her/his maximum potential to be able to move independently and to promote active participation in home, school, and community environments. As primary health care providers, PTs also promote health and wellness as they implement a wide variety of supports for children from infants to young adults.

Paediatric physical therapy promotes independence, increases participation, facilitates motor development and function, improves strength and endurance, enhances learning opportunities, and eases challenges with daily care giving. PT should continue throughout the child's education years and form an important component of IEP meetings - from infancy through to adolescence, in collaboration with their families and other medical, educational, developmental, and rehabilitation specialists.

PT also becomes necessary after any orthotic operations as part of the rehab plan. Because people who have Angelman syndrome usually love water, swimming and hydrotherapy are both excellent avenues to address fitness, balance, mobility, and strength. Hippotherapy is also popular for core strength and balance.

Physiopedia website: - [Angelman syndrome info for physios](#)