

10 Ways the Trexo Home can help your kiddo

1 GET UPRIGHT AND MOVING

Upright positioning facilitates bone and muscle development, as well as helps maintain better functioning of the body's internal systems. Movement in an upright position provides additional benefits in the form of better heart health, maintaining your joint mobility and range of motions, and managing muscle spasms. A walk a day, can keep the doctor away!

4 STAY FLEXIBLE WITH FUNCTIONAL STRETCHING

Functional stretching or dynamic stretching can be used to improve mobility by moving through the range of motion. People get functional stretching through activities such as sports. For kids who spend a lot of time sitting, functional stretching can help with flexibility, range-of-motion and possibly even prevent the development of tightness and contractures.

2 STRONGER CORE

Walking and balancing while weight shifting engages the core. With a lot of repetition, the core will get stronger which can lead to improved trunk control. Having a strong core and good trunk control is important for balance, enabling us to use our hands for activities and sit upright!

5 BETTER HEAD CONTROL

With regular exercise and movement, as well as building a stronger core, many children can work on building their head control. Walking teaches the individual how to keep their body upright and positioned well. Developing head control is an important milestone for further development of movement like sitting up, standing and walking. With good head control, children can work on their swallowing, speech and communication, respiratory control, body awareness, and vision.

3 STRONGER FOR EVERYDAY ACTIVITIES

Walking is a form of exercise which has shown to work your large muscles over and over. Walking also pushes your heart and lungs to work hard. Over time, this can make all your muscle groups get stronger. Strong muscles support the bones more effectively, which may reduce the risk of fractures and osteoporosis. Having strong muscles also assists with activities in daily life!

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6 BETTER DIGESTIVE HEALTH

Regular exercise can have a big benefit for our digestion. Movement increases blood flow to the digestive tract which helps with bowel motility. It can also help alleviate heartburn, gas, stomach cramps and constipation!

7 IMPROVED BODY AWARENESS

Walking enables us to move through space and develop spatial awareness. With regular walking, children can learn motor planning and coordinating their body. Additionally, sensory integration and vestibular input by physically moving through space are important factors in development. Together, this can encourage independence, help with mental health, enable for eye level interaction with peers and make your child really happy!

8 BETTER QUALITY SLEEP

Physical activity such as walking has been shown to improve both quality and duration of sleep. Sleep is very important because that's when the brain and body have a chance to rejuvenate. Plus mom and dad can sleep through the night, key for a happy family!

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PROPER BODY ALIGNMENT

Walking with a proper posture and good technique has many benefits for the body including engaging the right muscles, avoiding putting excess stress on joints, and preventing pain and spasms. Proper alignment while walking has also been suggested to help prevent scoliosis, muscle imbalance, and hip dysplasia.

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EVERYONE DESERVES A CHANCE TO SHOW WHAT THEY CAN DO

Majority of equipment offered to special needs children have strict limitations with little room for adjustments for support. Gait trainers are not appropriate for everyone because children may lack certain skills. With the Trexo, all kids have an opportunity to walk. Whether you can take steps on your own or cannot sit or hold your head up, the Trexo can still be used. Each child deserves the chance to develop their skillset, no matter what it is, they just need someone to believe in them and more opportunities through equipment and technology.