

Symmetry Treatment Chart

This chart was created to guide therapists in considering various methods to address symmetry issues.

There are many treatment methods available, with each therapist bringing unique skills. This chart is not meant to limit techniques. The following techniques are currently under research.

Terms and abbreviations in the Chart:

RRR: Rhythmic Restoration and Release provides a simple and quick way to reset the emotional state of the child. The rhythical motion provides an opportunity to address breath, range of motion, and state of relaxation. It's easy to teach to families.

Rooting: The rooting reflex involves several natural movement components often necessary to engage all movement patterns in the oral area and the body. Rooting is an active process for seeking nutrition and motivates the child to move accordingly. It engages multiple muscle groups and involves flexion, extension, and rotation of the neck and torso. Both the upper and lower limbs are involved in full-body movement. The oral area reaches to grasp with the lips and suck, which may involve all components of the oral system.

Sphincters: This refers to the sphincters of the digestive tract. We check five, focusing mainly on the Cardiac Sphincter and the Pyloric Sphincter. These sphincters should move in a clockwise direction for proper function.

Press lightly and release to only light touch as you feel for the motion of the tissue beneath your finger. By intentionally loving and turning the sphincters they are often supported for more efficiency.

*Many schools of thought about tongue tie

** I do not recommend prone sleeping due to medical recommendations but if child doing on his own- great

*** Tummy time minimum of 5 x daily. As much as tolerated

Exercises for neck 5x daily

****Work baby on mom if needed. Provide guidance to the parent as needed, including hand-over-hand assistance, and regularly review their progress.

Symmetry Treatment Chart

Problem	Secondary Problems	Treatment	Treatment	Home program
Pain	-Reflux -Neck MM -Spine -Hips -Sphincters	-Tongue release -RRR -Rocking chair (adapted and slow with hand support to neck) -Tic Toc (after pain lessens) -Breath	-Tummy time -Sphincter rhythm and balancing -ROM to Esophagus and tongue -Kinesio taping test -Cranial Sacral therapy -Myofascial release -Breath hold -Tapping for Moro	-Sphincters handout -Touch for Health 1 st visit: RRR, Rocking chair, positioning head 2 nd visit: Rocking chair, Tic Toc, tummy time, Hip ROM, weight bearing on feet -Refer to chiropractor
Tongue ROM	- -Sucking/seal -ROM intrinsic and extrinsic tongue mm- Suprahyoid	-Sucking/seal -ROM intrinsic and extrinsic tongue mm-Suprahyoid-ROM to tongue -	-Release oral floor to toes with myofascial technique Rooting Engagement -Floor release -Mentalis Release	-Refer to ENT if needed -Follow up with the tongue exercises -Tummy time
ROM	Shortening of neck mm with shoulder elevation Pelvic motion	-Overpass Technique (scalene mms, levator scapulae, upper trapezius, SCM) -Rooting engagement, Upside down ROM	-Kinesio taping -Rocking Chair, Tic Toc, Pelvic Choo Choo Breath release	-Overpass Technique -Rocking Chair -Up Down ROM -Tic Toc
Sensory deficits	Decreased orienting	-Movement, Tummy time, massage, Music -Swing, Bounce, Fly, Carry with Movement	-Therapy ball -Rocking horse	-Dance and use low tone music with matching rhythm Swing, Bounce, Fly, Carry with Movement
Righting Responses	Activate Vestibular	- Rocking Chair, Tic Toc -RRR	-Unpredictable movement	-Moving equipment -Rocking horse -Swing

Head shape	-Position for sleep and car seat -Weight on flat part of head -ROM of neck, torso, hip, jaw, palate, suck	-Side lying or prone** -size for Turtle.com - position of prominent side of head -Rocking Chair and Tic Toc -Palate release -Sucking -Jaw release -Breath release	-Head shaping -Cranial-sacral therapy -Adapt car seat (1 st visit) -Adapt equipment -Tummy time -Release of jaw -Release of pelvis -Laterally flex & rotate -torso/neck in function	-Positioning head in midline or on prominent side of back of head 24-7 -Position properly in all equipment -Order info for Turtle.com -Teach positioning
Lift in Prone	-Breath -Oral floor & Hyoid -Jaw -Infra and Supra-hyoid shortening -Tongue retraction & tight laterally -ROM neck -	- Rocking Chair, Tic Toc - Bucket hold -Release floor of mouth from outside and perform oral motor technique of tongue release Rooting Engagement -Release hyoid Overpass- SCM, scalene, levator scapulae, pectoralis, serratus anterior, spinal mm and short capital mm Upside-down ROM	-Diaphragm release -Release jaw -Activate reach of oral -Release tongue if lateral push of back of tongue -Cheek/tongue/lip activate- OM Form 2 -Cranial base release -Glide -Direction of energy -Hyoid release	-Parents carry in flexion -Reach to get nipple -Resist nipple slightly to gain strength during mealtime -Tummy Time 5 x day if ready -Flexion and extension of base of skull -NPE -Lengthen infra and supra hyoid mm
Side lying	Weak scapula and torso mm	-Support and activate mm of scapula and torso -RRR - Rocking Chair, Tic Toc	-Therapy ball -Carrying	-Carrying instructions -Position for side lying development
Vision	Check 0-6 skills(EDVA)	-Pursuits -Fixation	-Positioning of toys to non-tracking side	-1000's repetitions for follow up
Supine/sitting	Midline orientation	-Pull to Sit with Hands Pulling Reflex	-Activate abdominals -Balls -Swing	-Supine with arm and leg use at midline -Support torso

Hips	Tight in hips and/or sacral area	Hips Choo CHoo-Rock pelvis with tiny motion anterior/posterior & wait for release -Rock laterally right/left -Move in rotary motion as if pedaling	-Use this technique for prone skills	- Hips Choo CHoo -Family follows up with hip release and activating core head to toe
Transitions	Understanding of natural movement	-Handle child with transitioning movements from day 1 so they feel what normal movement feels like	-Head lift with depression of scapula -Prone or supine to side-lying -Rolling -Prone to sit -Sit to prone -Pull to sit	-Help family understand levers and physics of movement -Teach handling