

## WHO ARE DMI PRACTITIONERS?

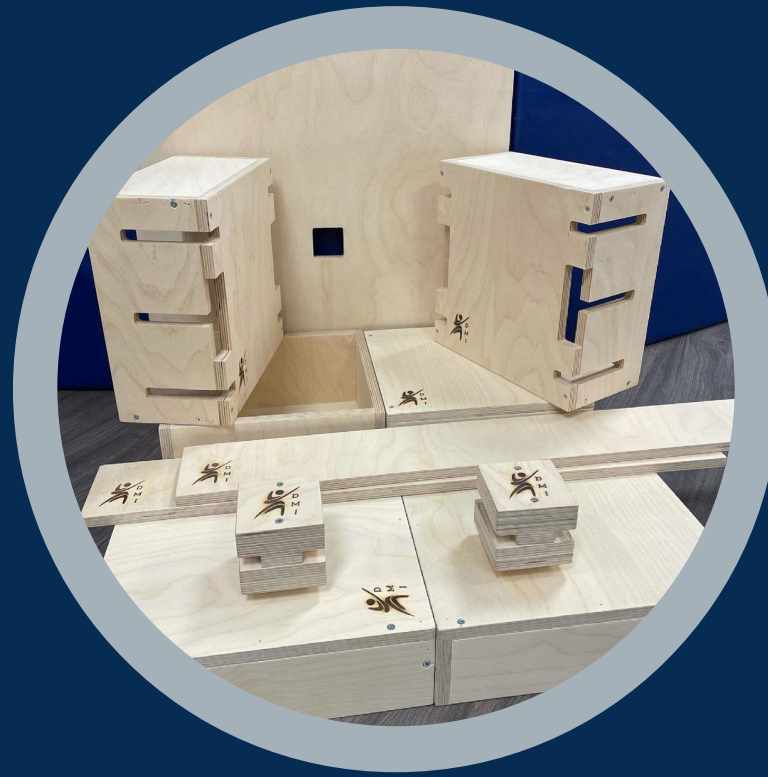
---

DMI practitioners are licensed Physical and Occupational therapists, PTAs, OTAs, kinesiologists, exercise physiologists, as well as other health professionals in the pediatric therapy community. DMI has trained practitioners in over 35 US states, and 39 countries around the world.

## WANT TO FIND A DMI THERAPIST NEAR YOU?

---

Please visit the DMI Therapy website, [DMITHERAPY.COM](http://DMITHERAPY.COM) and search under the registered practitioners tab for professionals in your area. Practitioners are listed by level, country, and state.



## CONTACT US



[info@dmitherapy.com](mailto:info@dmitherapy.com)



[www.dmitherapy.com](http://www.dmitherapy.com)



# DYNAMIC MOVEMENT INTERVENTION

---

[www.dmitherapy.com](http://www.dmitherapy.com)



## WHAT IS DMI THERAPY?

Dynamic Movement Intervention is the fastest growing, internationally recognized manual therapy technique that helps children reach their gross motor milestones.

DMI harnesses the power of neuroplasticity to make rapid, long lasting changes in a child's brain so they can learn new skills, reach their developmental milestones, and improve their quality of life in accordance with the ICF ( International Classification of Functioning, Disability, and Health, WHO) framework.

## HOW IS DMI DIFFERENT FROM TRADITIONAL METHODS?

- Provokes the highest level of gross motor independence - Manual exercises challenge the child within each functional task to achieve outcomes, often beyond expectations.
- Progresses support from proximal to distal (support given lower on the body) with hands free- Each time we give the child less support, the child has to activate with more postural control and work harder towards strength and independence.
- Progress through exposure to gravity- The ability to keep our body aligned against gravity's forces requires input through several sensory systems, as well as strength and coordination, to be consistently successful. DMI helps children gain these skills rapidly so they can maintain their posture in all positions.
- Harnesses the power and science of neuroplasticity to trigger rapid changes- Research in the field of brain science gives us guidelines to provoke the brain to make new strong connections to support gross motor tasks and functions. DMI utilizes these guidelines for rapid and explosive gross motor progress.
- Healthy muscle length is achieved and maintained through active functional stretching - DMI utilizes dynamic stretching techniques within functional tasks so stretches are longer lasting and maintained to avoid muscle lengthening surgeries.
- Develops skeletal and joint maturity and alignment- Children with disabilities frequently face orthopedic challenges that may result in debilitating chronic pain and surgeries. DMI utilizes exercises that promote aligned weight bearing and musculoskeletal activation for long term orthopedic health.



## WHICH CHILDREN CAN DMI THERAPY HELP?

- Children diagnosed with ANY type of gross motor delay including conditions such as: Down Syndrome, Cerebral palsy, global developmental delay, hypotonia, chromosomal abnormalities/genetic disorders, spinal cord lesions or acquired brain injury may benefit from this form of therapy.
- Children at risk such as those who are born prematurely can also benefit from this therapy due to the strong neuroplastic changes that this treatment stimulates within the developing brain.
- Children with orthopedic conditions such as torticollis, toe walkers, genu valgum (knocked knees), in-toeing, and others.