



**CURAÇÃO DOLPHIN THERAPY & RESEARCH CENTER N.V.**  
(“CDTC”)

Bei dem Curaçao Sea Aquarium Park

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**Curaçao, 06/12/2022**

**Abschlussbericht**

**Name:** Betty Prietzel  
**Geburtstag:** 10.01.06  
**Adresse:** Peickwitzer Str. 30,01968 Brandenburg  
**Diagnose:** Q87.2 Angeborene Fehlbildungssyndrome mit vorwiegender Beteiligung der Extremitäten F89 nicht näher bezeichnete Entwicklungsstörung  
**Periode:** 26.09.22 - 07.10.22

**Betty's Team:**

**Therapeut:** Markus Mesing  
**Delfin:** Chabelita  
**Trainer:** Romy van Leeuwen  
**Therapieassistent:** Maureen (Physiotherapeutin)

Betty nahm das 8te Mal am Programm des CDTC teil. Daher wird die Kenntnis über das Therapiekonzept des CDTC und die Zusammensetzung des Teams vorausgesetzt. Weitere Informationen finden Sie unter [www.cdtc.info](http://www.cdtc.info).

Betty kennt bereits die Einrichtung, sowie die meisten Teammitglieder und Delfine, daher braucht sie nicht viel Zeit, um sich mit dem Therapieumfeld vertraut zu machen. Dieser Bericht sollte als Erweiterung der Abschlussdokumentation aus dem Jahr 2020 betrachtet werden, die nach der letzten Therapie verfasst wurde.

*Der Bericht wurde gemäß den WHO-Standards der ICF (Internationale Klassifikation der Funktionsfähigkeit, Behinderung und Gesundheit) erstellt.*

## **Anamnese:**

**Persönliche Angaben:** Betty Prietzel, 16 Jahre alt, weiblich. Betty ist eine sehr fröhliche immer aufmerksame junge Dame. Sie hört gerne Musik aber am liebsten guckt sie SpongeBob auf dem Tablet. Hin und wieder guckt sie sich aber auch die Bilder ihrer Delfintherapie aus den vergangenen Jahren an. Sie weiß genau was sie will und kann das auch gut verständlich machen. Betty liebt Essen.

**Körperstruktur und Funktion:** Betty sitzt im Rollstuhl, kann aber auch mit Hilfe aufstehen. Sie entlastet dabei immer noch das linke Bein. In der Anamnese ist es wie beim letzten Mal nicht ganz klar was das nichtbelasten verursacht. Nach der Knie OP wurde es immer schlechter. Betty gibt eigentlich keine Schmerzen an und trotzdem macht sie sich sehr deutlich bemerkbar, dass sie nicht belasten will. In der Untersuchung stellen wir fest, dass die Plantar Aponeurose links fest und schmerzempfindlich ist. Der M. iliopsoas links ist verkürzt.

Einige Male wird in der Schule das Laufen am Rollator geübt, dann schafft Betty ca. 30 bis 40m. Sie kann selbst aus dem Rollstuhl aufstehen und einen kurzen Moment auch alleine stehen. Setzt sich dann vermutlich eher aus Bequemlichkeit wieder hin.

**Aktivität:** Betty liebt Kuschneln, vor allem mit ihrer Familie.

**Partizipation:** Sie nimmt an Physiotherapeutischen Maßnahmen in der Schule teil. Betty spricht nicht aktiv, aber kann sich verständlich machen. Sie nickt mit dem Kopf oder greift nach etwas. Nicht immer ist Kopfschütteln ein Nein. Teilweise muss man Betty auch zeigen, dass sie Spaß mit etwas haben kann auch wenn es nicht SpongeBob ist.

**Umwelt:** Betty ist sehr an der Kommunikation mit ihren Mitmenschen interessiert. In der Schule kommuniziert sie mit der Sprachapp „Talk Now“. Dieses kann sie, wenn sie konzentriert ist einsetzen. Betty hat einen Einzelfall HelferIn.

## **Die folgenden Therapieziele wurden gemeinsam mit Betty und Ihren Eltern vereinbart:**

- **Ziel: Körperstrukturen & Funktion**
  - Verbesserung der Motorik
  - Verbesserung des Stehens
  - Steigerung der Gehstrecke

## **Am Ende der Therapie wurden folgende Ergebnisse beobachtet:**

- **Ergebnis: Körperstruktur und Funktion**
  - Das linke Bein hat weniger limitierende Einflüsse im gesamten System aus Hüfte, Knie und Fuß. Dadurch ist Betty mobiler, traut sich mehr zu belasten in einer funktionellen weise.
  - Betty ist beim Gehen sicherer
  - Betty ist im Rumpf stabiler, was man auch beim Schwimmen in ihrem Ring sieht
  - Auf dem Rücken zu liegen ist für Betty entspannter
  - Transfers gehen Leichter, vor allem aus dem Rollstuhl

- **Ergebnis: Aktivität**
  - Betty zeigt mehr Eigeninitiative und erlangt dadurch mehr Autonomie im Alltag
  - Sie zieht ihre Hose nun selber aus
  - Betty ist konzentrierter
  - Betty steht nach Aufforderung selbständig aus dem Rollstuhl auf
  - Betty ist im Wesen entspannter
  - Betty ist selbstbewusster
- **Ergebnis: Partizipation**
  - Betty kann klarer Entscheidungen treffen
  - Betty kann nun mit ihrem Zeigefinger immer besser auf etwas zeigen, wenn sie etwas haben oder machen will
  - Betty duscht und trocknet sich unter Anleitung alleine ab
- **Ergebnis: Umwelt**
  - Der ganzen Familie fällt auf, das Betty aktiver, bewegt sich mehr
  - Kann Anweisungen besser folgen
  - Für den Haushalt soll nun auch Ein Rollator angeschafft werden

## **Fazit**

Es war uns wichtig, Betty wieder Vertrauen und etwas mehr Aufmerksamkeit in ihr linkes Bein erfahren zu lassen. Wir arbeiten hier in der praktischen Anwendung und auch mit Mentaler Unterstützung. Mit Sensorischen Reizen, sowie Manuellen Techniken an Knie, Hüfte und Fuß hat Betty etwas mehr Möglichkeiten gehabt besser zu belasten, jedoch ist das Streckdefizit noch klar erkennbar. Hier haben wir eine Rücksprache mit Dr. Bernius aus der Schönklinik gehalten, dieser empfiehlt eine Myofasziotomie. Desweiteren haben Mobilisation, Dehnungen und Weichteiltechniken für Entspannung im System gesorgt. Besonders überrascht hat es uns wie gut Betty dieses Mal arbeitet. Wenn wir komplexere Aufgaben gestellt haben die aber einen hohen motivierenden Faktor hatten, hat Betty sehr engagiert mit viel Freude diese Aufgaben ausgeführt. So musste sie alleine Seitwärts an einer Bank entlanglaufen und sich auf jeder Seite Strecken, dabei hat sie beide Beine belasten müssen.

Anregung der Zunge und des Mundinnenraums haben einen neuen Impuls im Orofazialen Bereich gegeben. Teilweise konnte Betty ihre Zunge auf Kommando rausstrecken, welches sie in der Familie öfter macht. Wir hören im Verlauf immer mal andere Töne beim Lautieren. Mit visuellen Kontrollen und Bildkarten konnte Betty gut umgehen und imitieren.

In den Phasen der Ruhe, bei zum Beispiel der Körperbegrüßung, haben wir den Fokus ganz auf die Eigenwahrnehmung gelegt, so musste sie mehr spüren und hat ihren Körper dabei besser kennen gelernt. Das wirkt sich positiv auf ihre Konzentration aus.

Im Therapiealltag haben wir Betty immer wieder bewusst Entscheidungen treffen lassen, auf die dann sofort eine Reaktion gefolgt ist. So hat sie Karten, die ein Spiel mit Chabelita gezeigt haben, ausgesucht. Dann hat ihr Delfin diese gleich ausgeführt, ebenso wenn sie auf den Duschkopf gezeigt hat, wurde sie geduscht.

Dieses Verfahren nach dem „Aktion gleich Reaktion“ macht ihr Handlungen besser bewusst, lässt sie Teil davon sein und es bringt ihr ihre Umwelt näher. Generell war es eine sehr schöne, effektive und Erfolgreiche Zeit auf Curacao mit Betty und ihrer ganzen Familie.

### **Betty und Ihr Delfin Chabelita**

*Chabelita, auch bekannt als Chabbels, ist nach dem lokalen Kinderlied "Chabelita" benannt. Sie ist eine begeisterte Dame, die gern viele Geräusche macht. Sie hat einen sehr liebevollen Charakter. Chabelita ist mit einer Länge von 2,70m der längste Delfin hier im CDTC. Sie liebt es ihre Zeit zwischen den Sessions mit ihrer Schwester Nubia und ihrer Mutter Bonnie zu verbringen.*

*Chabelita arbeitet sehr gerne und ist gern mit Menschen zusammen. Sie kann sehr geduldig sein, sich aber auch wie eine Diva verhalten, wenn die Dinge nicht so laufen wie sie es will. Ihre Lieblingsbeschäftigungen sind, neue Verhaltensweisen zu lernen, Fische und Krabben in der Lagune zu fangen, verrückte Spiele und entspannte Schwimmrunden mit ihren Patienten.*

Betty hat sich schon sehr auf ihren Delfin Chabelita gefreut. Immer wieder sehen wir sie grinsend ihren Delfin streichelt. Im Verlauf hat Betty immer mehr Einfluss auf ihre Session bekommen. Sie hat Spiele selber ausgesucht und bestimmt, wann sie wie streichelt. Sie erlangte Körperlich mehr Kontrolle, wie auch Mental mehr Bewusstsein, da sie zusammenhänge wie das Aussuchen mit den „Tricks“ besser begreifen konnte. Sie hatten sehr viel Spaß zusammen, vor allem wenn Chabelita Betty zum Singen motivierte. Berührend war es zu sehen, das Betty am letzten Tag wirklich traurig war, als sie ihrer Chabelita tschüss gesagt hat.

## Empfehlung

- Entspannung der Plantar Aponeurose links
- Mobilisation des linken Knies
- Mobilisation linke Hüfte in alle Richtungen
- Verfahren nach dem Aktion Reaktion Prinzip
- Betty darin fördern klar verständliche Aussagen zu treffen, wenn sie Dinge Aussucht, eventuell nur eine Möglichkeit zurzeit bieten und nur eine klare Antwort akzeptieren
- Betty im Alltag mehr fordern und fördern
- Betty Aufgaben allein ausführen lassen und ihr die Zeit dafür geben, sie ist dann konzentrierter und auch engagierter
- Nicht immer sofort darauf eingehen, wenn Betty nach Hilfe fragt
- Zählen hilft Betty als stütze um Übungen über einen längeren Zeitraum auszuführen
- Fördern der Körperwahrnehmung, z.B.: Gewichtsdecke oder Körperbegrüßung usw.
- Aktives Entspannen durch zum Beispiel eine Körperbegrüßung
- Betty kann sich gut mit eigener Kontrolle über die Seite in Rückenlage begeben. Hier kontrolliert sie die Bewegung besser und hat kein Unsicherheitsgefühl.
- Musik ist ein großer Motivator für Betty
- In Momenten wo die Emotionen bei Betty hoch sind, ist es wichtig ein Verbales Feedback zu geben. Betty muss dann Erklärt werden, warum sie diese Emotionen gerade hat, diese sollten dann offensichtlich sein. Es ist wichtig ihr zu vermitteln, dass es natürlich ist Emotion zu spüren und dass es auch ok ist, wenn diese auftreten. Dennoch sollte Verletzendes und unangebrachtes Verhalten dann klar deklariert werden.

*Liebe Betty,*

*Betty Ich war beeindruckt von deiner Leistung dieses Jahr. Du bist sehr viel erwachsener geworden und hast das durch eine sehr hohe Motivation gezeigt. Du bist jeden Tag an deine Limits gegangen und hast dabei Spaß gehabt. Ich bin mir sicher, dass du gemerkt hast, was das für einen positiven Einfluss auf dich, dein Umfeld und wie du Dinge beeinflussen kannst hat. Mir persönlich hat es auch sehr viel Spaß gemacht, weil du und deine Familie so lieb, herzlich und positiv sind. Du bist eine tolle junge Frau, der die gute Laune nie vergeht, behalte dir das bei. Lasst Euch ganz lieb umarmen und nie werde Ich deine Luftküsse für mich vergessen!*

Mit freundlichen Grüßen,  
Markus Mesing  
Physiotherapeut

CDTC

Wenn Sie Fragen zur Therapie haben oder detaillierte berufliche Informationen benötigen, wenden Sie sich bitte telefonisch oder per E-Mail an uns, sofern die Eltern/Erziehungsberechtigten dies genehmigt haben.

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**Die Tagesberichte reflektieren die einzelnen täglichen Therapieeinheiten**

Datum: 26-9-2022

Therapie Nummer: 1

1. Tagesziel  
Getting to know Betty and determine her level.
2. Erster Therapieteil  
Answering questions with the speak app on tablet: Betty can answer simple questions about herself and express what she wants.  
Examination legs (whole chain): Betty does not want to lie down on her back. After some encouragement she lied down on her back, with Maureen holding her hands.
  - Examination feet: plantar fascia left felt stiff and was more painful compared to right side.  
→ friction plantar fascia left side
  - Examination left knee: 15 degrees extension deficit → left knee mobilization
  - Examination hips: mobility left hip < right hip → mobilization left hip
3. Carry over zum Dock  
During part 1 we worked on functioning of the left leg, which will be continued during dock time.
4. Delfinzeit  
It seemed like Betty had fun as she smiled a lot. During the swim rounds, Betty pet Chabelita by herself. Betty was distracted easily by her environment. Choosing behaviour cards was hard for Betty as she always chose both.
5. Dockzeit  
Improve body awareness of the left leg by SI materials: Betty allowed the SI materials on her leg.
6. Umsetzung der Alltagskompetenzen  
Betty can do a lot of ADL tasks by herself, but prefers to get washed, dried and dressed. Betty can stand up from sitting position with minimal support. She can stand a couple of seconds by herself and then seeks support. Betty places most of her weight on the right leg. Betty walked

with support under her arms, Markus on one side and Maureen on the other. Betty has a very short stance phase on her left leg, keeps her left hip and knee bent and only places her left forefoot on the ground.

7. Nachbesprechung mit den Eltern

Betty has a plate in her knee which may limit her function. Since the last visit here, she did not improve much regarding knee function. We also discussed independence and autonomy. Betty has a speaking app which works well to express what she wants. Regarding ADL, she needs support and guidance. At school, Betty has a rollator, which gives her more freedom to go where she wants more independently.

Datum: 27-9-2022

Therapie Nummer: 2

1. Tagesziel

Improve functioning of the left leg.

2. Erster Therapieteil

Further examination of the left kinetic chain to detect any factors that may negatively influence functioning of the left leg: Hips: external rotation left < right. Mm. iliopsoas (hip bender) left side shortened → hip mobilization left side. Spine: Normal mobility.

When asking yes/no questions, Betty gives a clear answers. Choosing between two things is more difficult as she often chooses both options.

3. Carry over zum Dock

During part 1 we worked on functioning of the left leg to improve walking, which we practiced when walking to and on the dock.

4. Delfinzeit

Betty found it difficult to choose between a swimming round or a game, and between two different games. She mostly went for both options.

Betty looked calm and happy. During the swimming rounds, she stroke Chabelita calmly with her hands, which gives sensory input. Also, she allowed Markus to touch her hands and fingers. After Chabelita showed her tongue, Markus asked Betty to do the same but she was not able to stick out her tongue.

Betty goes in the water via her stomach. When going back on the dock, Betty needs a lot of support and does not help much.

5. Dockzeit

Stretching glutes left side: Betty did not find it pleasant as she wanted to take Markus' hand off her leg.

6. Umsetzung der Alltagskompetenzen

Betty is passive regarding ADL. However, counting to 3 helped to let her follow our instructions (e.g. standing up). Like previous session, Betty barely uses her left leg. We showered Betty in sitting position.

7. Nachbesprechung mit den Eltern

We explained that we worked on the functioning of the left leg as it is important for ADL tasks. Also, we discussed that Betty had some difficulties choosing between things. The family recognized this.

Datum: 28-9-2022

Therapie Nummer: 3

1. Tagesziel

Trunk control and pressure on the left leg.

2. Erster Therapieteil

Weight shift in sitting position: Maureen was standing diagonally across Betty, on her left side, with one hand in the air. Betty had to shift her weight to the left side and make a trunk rotation so she could reach Maureen's hand with her right hand to give a high five. Betty's left leg was supported on the ground and her left arm on a chair next to her. Betty could reach far. Also, she smiled the whole time and was motivated to keep going.

Walking sideways, hands supported on the therapy bench → training the hip abductors: Betty took some breaks in between, but managed to walk back and forth along the bench twice.

When left was the stance leg, Betty put more weight on the hands. When she reached the end of the bench, Betty had to reach high to give Markus/Maureen, who were both sitting on one edge of the bench, a high five. Betty was out of breath during this exercise. She sometimes needed encouragement to keep on going, but it seemed like she had fun as she smiled.

Sitting on pezziball: Betty sat on the pezziball by herself, both feet supported on the ground.

3. Carry over zum Dock

During part 1 we worked with the hands (high fives), which Betty practiced further in the water with hand gestures and striking Chabelita.

4. Delfinzeit

Betty seemed calm in the water. She was striking Chabelita calmly during the swimming rounds. Betty was easily distracted by the other people and dolphins in the water. When Betty wanted to play a game, she had to point her index finger towards the dock where Maureen was sitting with the behaviour cards. Betty was reaching out her arm a lot and then Markus gave the feedback she should point with one finger, which she could do eventually. When choosing a behaviour card, Betty clearly chose one card. A difference compared to previous sessions was that Markus held one of Betty's hands.

5. Dockzeit

Hip mobilization left side: Betty did not find it pleasant. Maureen was sitting behind Betty and held her hands to keep her calm.



6. Umsetzung der Alltagskompetenzen

We put on Betty's wetsuit in standing position, with some support under her arms. When she had to lift her right foot, Betty needed more support compared to lifting the left foot. When walking, Betty's left leg was more extended compared to the previous sessions. We showered Betty in standing. She held on to the bar in the shower. Betty did not want to put any weight on the left leg.

7. Nachbesprechung mit den Eltern

We discussed what we had done during the therapy session and told the family Betty had made clear decisions during the water time.

Datum: 29-9-2022

Therapie Nummer: 4

1. Tagesziel

Trunk control and improvement walking pattern.

2. Erster Therapieteil

Beach: In the beginning, Betty did not want to walk in the sand. But when we got her going, it went well. Game: Betty pushed Maureen, who was sitting on a floating platform, away through the water and then walked towards Maureen to push her again. Betty walked by herself in the water, with the knees and hips bent. Betty also had sat on the platform herself. He had to balance to keep seated and reached high to get a ring that Maureen was holding in the air. There were moments where Betty did not want to stand/walk anymore. After some strict instructions, she listened well. Overall, she was motivated and it seemed like she had fun as she laughed a lot.

3. Carry over zum Dock

During part 1 we practiced trunk control as preparation for mouth motorics we wanted to do on the dock.

4. Delfinzeit

Similar to previous session. Betty improved pointing with her index finger and always made clear decisions between behaviour cards as well as choosing if she wanted to swim or play a game. Betty was more active when getting out of the water. She needed less support.

5. Dockzeit

We did not manage to do dock time today.

6. Umsetzung der Alltagskompetenzen

Similar to previous sessions.

7. Nachbesprechung mit den Eltern

We discussed that Betty was motivated today. Sometimes she needed encouragement/counting to follow our instructions, but overall she had participated well. Also, she had made well considered decisions and was better concentrated compared to last time. Her family has also seen that as they watched the whole therapy.

Datum: 30-9-2022

Therapie Nummer: 5

1. Tagesziel  
Improve mouth motorics and use of the left leg.
2. Erster Therapieteil  
Body greeting in sitting position: Betty was super excited at the start of the therapy and had a hard time to concentrate. Therefore, we performed a body greeting. This worked out well as she calmed down.  
Sitting on the side of the therapy bench, weight shift to left side, support from left leg and arm: Betty had to touch a balloon/ball, which was held on her left side, with her right arm. At first, Betty wanted to touch it with her left hand, but after our correction, Betty could rotate her trunk and placed weight on her left leg so she could reach far and high. Betty was motivated to keep on going and seemed to have fun as she laughed a lot.  
Choosing between ball or balloon to play with: Betty was not able to point her finger at the ball or balloon to make clear what she wanted to play with. She reached out her hand but did not point her finger. She seemed to get sad so we complimented Betty for trying and explained she could not get the balloon as she had not pointed her finger. We gave her a small break and then gave the balloon. Playing with balloon in sitting position, feet placed on the ground: Betty was motivated, laughed a lot, and hit the balloon well and with force.
3. Carry over zum Dock  
During part 1 we practiced choosing and pointing the index finger.
4. Delfinzeit  
Betty can point with her index finger well, to cards as well as objects. Betty had said "ball" to make clear she wanted to play with the ball. When she had the ball, Betty had waited well for Markus to tell her when she could throw it. After Chabelita sang, Betty had made a new sound, quite a loud and high sound. Like previous sessions, Betty struck Chabelita herself calmly during the swimming rounds and seems to enjoy the water time. At the end of the water time, when she sits on the dock to say goodbye to the dolphins, she is very concentrated on them until they are out of her sight.
5. Dockzeit  
Mouth motorics with Z-vibe: Betty accepted the Z-vibe around her mouth and on her tongue. She could get her tongue on front of her mouth, but did not manage to stick it out.
6. Umsetzung der Alltagskompetenzen

Betty can do the ADL herself with minimal support. However, she needs some encouragement and feedback. When walking, Betty needs support on both arms.

7. Nachbesprechung mit den Eltern

We discussed that Betty had a lot of fun during the therapy. She has pointed well and the family recognizes that. They say she points at what she wants at home as well. Also, they see her walking pattern is improved and she stays in the pool more and more securely. We explained Betty can take responsibility for her actions as she is 16 years old.

Next week we will practice lying down on the back as Betty does not like that.

The family had a nice consultation with dr. Bernius. He think an operation can help to improve Betty's knee extension deficit.

Datum: 3-10-2022

Therapie Nummer: 6

1. Tagesziel  
Trunk control and mouth motorics.
2. Erster Therapieteil  
Body greeting, lying down on the back: Betty had been lying on her back calmly for 3-4min. Markus performed a body greeting on her while Maureen was standing at the head end of the therapy bench where Betty was lying on and held Betty's hands. Betty became calm but did not have much attention for the body parts that were touched. Betty was looking at Maureen a lot. Sitting on pezzi ball while playing games: Basketball: As soon as Betty saw the basketball, she pointed at it to make clear she wanted to play with it. She got the basketball, Maureen held a basket in front of her, but Betty threw the ball in a random direction. After an example from Markus, she scored most of the time, meaning she could follow this instruction. To give Betty feedback, we cheered when she scored and were quiet when she did not. She was very motivated and excited. Mouth motorics: We had cards showing different tongue movements (sticking out tongue, touch inside of the cheeks) which Betty tried but were difficult for her. However, as she does not use her tongue much, this was expected. To let Betty feel where the tongue should go, Markus put the Z-vibe in her mouth, which she allowed.
3. Carry over zum Dock  
During part 1 we practiced mouth motorics and lying down on the back, which we continued on the dock.
4. Delfinzeit  
Betty could swim on her back more easily and had more control in the water compared to previous sessions. Betty made clear decisions by making a swimming gesture for a swimming round or pointing at Maureen for a game. Betty tried to imitate "lalalalala". The rest is similar to previous sessions.
5. Dockzeit  
Mouth motorics with cards and Z-vibe: Betty performed similar compared to the exercises in the therapy room.
6. Umsetzung der Alltagskompetenzen  
Betty took initiative when dressing and undressing. Also, she stood up from the therapy bench by herself. In the shower, she was standing by herself without support for a few moments and washed herself under her arms. She dried most of her body by herself, with some feedback from us saying where she was still wet.
7. Nachbesprechung mit den Eltern  
We discussed that Betty took initiative considering the ADL tasks and explained it is important for her autonomy to let her become increasingly independent at home as well. Also, we told the

family she had chosen the basketball in the therapy room herself. The family is very happy with the progress she makes. The improvements she makes during therapy, she also does at home.

Datum: 4-10-2022

Therapie Nummer: 7

1. Tagesziel  
Core stability and mouth motorics. Improve independence.
2. Erster Therapieteil  
Beach: Pushing Maureen/Markus, who sat on a floating platform, through the water: Betty needed some encouragement to keep walking and holding on to the platform as she wanted to just push Maureen away and let go of the platform. Throwing and catching ball while sitting on floating platform: Betty kept her balance by herself and could catch most of the balls that were thrown at her. She mostly threw the ball in a random direction, not back at Maureen, even after Markus showed it. Every now and then, Betty needed encouragement to stand up and walk, but overall she was motivated and enjoyed the games we played.
3. Carry over zum Dock  
During part 1, we worked on trunk control as preparation for mouth motorics.
4. Delfinzeit  
Betty imitated the weird tongue. She put her tongue in the front of her mouth and shook her head. When choosing games, she sometimes pointed at both cards, but after the question which one she would do first, she pointed only at one card. Betty can point well with one finger, but sometimes had difficulties to point in the right direction. The rest was similar to previous sessions.
5. Dockzeit  
Mouth motorics: Betty accepted the Z-vibe in her mouth. She could get her tongue at the front of her mouth but was not able to stick it out. Imitating the sound "aaaa" was difficult. Betty got distracted by her environment easily.
6. Umsetzung der Alltagskompetenzen  
Betty had stood up from her wheelchair by herself. She took initiative again and stood without support in the showering a couple of times for a few seconds.
7. Nachbesprechung mit den Eltern  
The family says that Betty is more active, she moves more. Also, she eats less (because of the heat). Recommendation: Keep up this activity level and eating pattern back home in Germany.

Datum: 5-10-2022

Therapie Nummer: 8

1. Tagesziel  
Improve functioning of the left leg. Lying down on the back. Improve independence.
2. Erster Therapieteil  
Standing on stepping stones, weight shift to the left leg: Betty did not want to put weight on her left leg as she sat down 2-3 seconds after Markus pressed on her left foot to put some pressure on it. When asked if Betty had pain on the left leg, she shook her head to say no. We kept doing this exercise until she stood for 5 seconds. Betty held Maureen's hands for some support. She held Betty's hand high to minimize the support, but she had to stabilize Betty a lot. We tried this exercise without and with sports tape (patella and tractus iliotibialis). This did not make a big difference. Weight shift in sitting position, feet on stepping stones: Betty had to reach with her right hand for a balloon on her left side. She needed some feedback to keep her left foot on the stepping stone, but after that she did it well and could reach far. She was motivated and had fun. Mobilization left ankle: Mobility left was slightly decreased compared to right side. Betty accepted the mobilization.
3. Carry over zum Dock  
During part 1, we practiced putting weight on the left leg to enhance Betty's walking pattern. We then walked outside of the therapy room.
4. Delfinzeit  
Betty had to say "ball" in order to get it and play with it. Her pronunciation was not perfect, but she clearly tried so she got the ball to play with. Betty can point well with her index finger, but other hand gestures (drawing a circle in the air, making an 'air ball,' peace sign) are difficult for her. When Markus is singing, Betty sings along by making sounds. After dock time, Betty was very calm.
5. Dockzeit  
Lying down on the back: To prepare Betty, Markus tapped Betty on the back. Markus guided Betty to go from sitting to lying down via the side, to control the movement. Betty was calmly lying on her back for 6-7 min. Markus gave some sensory input with his hands on Betty's cheeks and around the mouth. Betty did not like the pressure points on the cheeks, but she accepted it. During and after the dock time, Betty was super calm.
6. Umsetzung der Alltagskompetenzen  
Similar to previous session. We let Betty be increasingly independent. She still needs some feedback and encouragement.
7. Nachbesprechung mit den Eltern  
Recommendation: Let Betty lie down on the back via her side so she can control the movement. The family is happy with the progress Betty makes and are trying to implement our recommendations at home.

Datum: 6-10-2022

Therapie Nummer: 9

1. Tagesziel  
Improve functioning of the left leg. Improve independence.
2. Erster Therapieteil  
Body greeting, lying down on the back: Betty became calm, was paying more attention to the body parts that were being greeted and had eye contact with Markus a few moments.  
Stepping on stepping stones: Betty wanted to place her feet so that they would not be fully placed on the stepping stones. After some encouragement, she stepped on the stepping stones and walked over them, with support on both sides. Dancing: Music was motivation to get going. As we tried to let Betty shift her weight to her left side, she sat down. However, as we stopped the music when she sat down, she stood up quickly again so we would put on the music again. On the music, we shifted the weight from left to right (Markus holding her left foot on the ground) and we walked around. Betty was seeking a lot of support. On the floor, balls were placed. On the moments she sat down, Betty moved her legs up and down to let the balls move.
3. Carry over zum Dock  
During part 1 we performed a body greeting, which we repeated during dock time.
4. Delfinzeit  
Similar to previous sessions.
5. Dockzeit  
Body greeting in sitting position, focus on hands, feet, and face: Betty was very calm and stayed calm for a few minutes.
6. Umsetzung der Alltagskompetenzen  
Betty becomes increasingly independent.
7. Nachbesprechung mit den Eltern  
We have discussed that Betty was very calm during and after the body greeting.  
Recommendation: Perform body greeting at home to calm Betty down. The family said they notice the transfers (in and out of bed/wheelchair) go easier.

Datum: 7-10-2022

Therapie Nummer: 10

1. Tagesziel  
Improve use/function of the hands. Improve functioning of the left leg. Improve independence
2. Erster Therapieteil

Body greeting + heavy blanket: Betty was lying down on her back very calm. She was mostly looking around, but sometimes looked up and made eye contact with Markus. She had a smile on her face almost the whole time. Putting shaving cream on big mirror with the hands, standing position: Betty did not like the feeling of the shaving cream on her hands as she stopped creaming the mirror and wanted to grab the cloth to clean her hands. To motivate Betty to keep going, we used music. Every time she stopped creaming, the music went off. Afterwards, Betty had cleaned her hands mostly by herself. Dancing: Betty did not want to walk and put weight on her left leg. She was also seeking a lot of support from Maureen/Markus. The music motivated her to keep going and it seemed like she had fun as she was laughing a lot.

3. Carry over zum Dock

During part 1 we worked on sensory input and use of the hands, which Betty uses in the water when striking the dolphin and making hand gestures.

4. Delfinzeit

Similar to previous sessions. Betty had a lot of fun in the water but became sad when she sat on the dock to say goodbye for the last time this period.

5. Dockzeit

Pressure points left foot and knee: Betty did not like what Markus was doing as she wanted to take his hands away. With some deep pressure on Betty's shoulder and arms from Maureen, who sat behind her, Betty was able to stay seated quite calmly.

6. Umsetzung der Alltagskompetenzen

Betty needed minimal help/feedback during (un)dressing and showering. When walking, Betty still needs a lot of support but her walking pattern is improved.

7. Nachbesprechung mit den Eltern

According to the parents, this has been the best period so far. Betty was motivated and was in a good mood, always looking forward to going to therapy. Also, Betty is more relaxed, has increased concentration and follows instructions better. Motorically, parents see improvements as Betty can get out of the pool and bed easier. Moreover, she stays more confidently and can take off her trousers by herself. When home, Betty's parents will arrange a rollator she can use at home so she will increase her activity level and autonomy as she can go where she wants more easily.

During the stay here, Betty had bit her dad once. The family said she has the tendency to bite and pinch when emotions run high. Recommendation: Give verbal feedback about Betty's feelings and say it okay to feel that way, but explain that the behaviour is not accepted.