

? Balance and Co-ordination

Do you or your child have trouble with movement and co-ordination? It could be that you have dyspraxia... a condition that affects around 1 in 30 of us. Boys are four times more likely to be affected than girls. But if you have dyspraxia, to people on the outside it just looks like you're a bit clumsy, unco-ordinated or struggle to keep still.

So what's the problem?

When the brain has to organise the body's movement, this involves tonnes of information on the world around us, plus a load of information about our bodies supplied by our senses and nervous system. Issues with movement and co-ordination are often linked to the way the brain processes all of this information and uses it to drive physical and muscular responses.

Quite often in childhood, kids with these issues appear pretty much the same as other children, making a formal diagnosis very difficult. Telltale signs can include clumsiness, confusion over left and right, poor body awareness and poor posture.

When it comes to some of the more complicated activities that require co-ordination, such as throwing and catching, skipping and running, problems may become much more visible as children struggle to keep up and take part.



Often difficulties with co-ordination go hand in hand with other problems, such as issues with organisational skills or even reading, writing and numbers.



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Signs that someone is struggling

For kids with co-ordination difficulties, things like running, jumping, balancing and cycling can prove extremely challenging. For adults, this may have translated into difficulty with driving, household chores, cooking and even getting dressed.

The telltale signs can be spotted at two levels. First there can be problems with making big movements – these are called gross motor co-ordination skills:

- Poor balance
- Floppy joints and difficulty standing for long periods
- Poor hand-eye co-ordination
- Lack of rhythm when dancing
- Clumsy gait and movement

Secondly there may be problems with making smaller movements, these are fine motor co-ordination skills

- Delicate tasks make people all fingers and thumbs, so cutlery, shoe laces and any kind of craft work are tricky
- Grip and manipulation are difficult, so pens, typing and dealing with tools are likely to be very awkward

What help is available?

Often as children get older and get more practise, they also become more capable. In some cases physiotherapy may be appropriate, but in many cases doing exercises that practise hand-eye co-ordination are recommended. The Dore Programme involves precisely these type of exercises, plus others that have been scientifically developed to improve the brain's ability to process information.



The Dore Programme

Unlike a lot of other treatments or Programmes out there, Dore doesn't just tackle the symptoms of poor co-ordination. Instead, it tackles the root cause. For many people, the Programme brings dramatic improvements in co-ordination, so people who've struggled to run without tripping up, or have never been able to ride a bike, find that they are able to do these activities for the first time without falling over. For some the improvement is rapid and dramatic. For others it's more about little improvements coming day after day, but the overall result is similar.

It's worth noting that the Dore Programme is not a soft option. It requires plenty of dedication and commitment. You have to do your exercises for 10 minutes, twice a day. . .for around a year! On top of that, we recommend that you do additional activities that require your co-ordination and physical control. . .because people have told us that that is how they see the biggest improvements!

