

Winning the Waiting Game with Surestep SMOs



Who and what did we study?

This is a case series looking at the gross motor skill development before and after receiving Surestep SMOs of children with benign hypotonia, excessive pronation and developmental delay who received Surestep SMOs. Study participants were put in two groups based on gross motor skill level when they received their SMOs. Group 1 was pulling to stand and Group 2 was taking steps. We tracked gross motor skills for 16 weeks after the child received Surestep SMOs.

Why did we study?

It is common for children with excessive pronation and hypotonia to get “stuck” at a gross motor skill level and start to fall behind typically developing peers. Although most of these children will eventually walk and gain more advanced skills, the quality of those skills can be diminished. It is important to protect foot and ankle alignment, provide sensory input and allow the child to learn skills with confidence and dynamic stability.

What were the results?

The results of this study indicate that, regardless of group, children who receive Surestep SMOs can gain gross motor skills almost twice as fast as typically developing peers. Many of these participants were receiving regular physical therapy prior to and after receiving their Surestep SMOs. Before getting their SMOs, most of the participants' parents and therapists reported that the child was “stuck” on a certain skill level (i.e. had been pulling to stand for months but had not been able to let go of the couch and take steps). The SMOs provided a stable base of support, dynamic control and sensory input that complimented therapy sessions and allowed the child to master more advanced gross motor skills. This suggests that we can win the waiting game!



Typical (Peabody Development Motor Scales)

9 10 11 12 13 14 15 16 17 18 19 20

Age (months)