



Dynamic Movement Intervention (DMI)

“Dynamic Movement Intervention (DMI) is a comprehensive intervention used by physical and occupational therapists to treat children with gross motor impairments.”



What is DMI?

DMI is a therapeutic technique used to treat children with motor delay by improving automatic postural responses and promoting progress towards developmental milestones. The goal of DMI is to provoke a specified active motor response from the child. This is a very hands-on approach used only by trained therapists to stimulate neuroplasticity to facilitate new neuronal connections and development of motor milestones.

Who would benefit from DMI?

Any child at least 3 months of age with any kind of gross motor delay. Your child must be able to tolerate handling/facilitation from PT as it is a very hands-on approach. Due to the nature of this type of therapy, there is an upper limit in size of child to maintain safety for both the child and the PT to be determined on case-by-case basis. It does not matter the level of cognition and/or the extent of neurological deficit/damage for a child to benefit. Children diagnosed with any type of 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.

How does DMI work?

DMI uses a gradual progression, continuously increasing the challenge to encourage the child to respond with greater independence. There are well over 100 exercises to choose from but many times the same exercises are completed over and over as repetition helps create those automatic responses. All of the exercises will provide novel and varied sensory and motor challenges.

