

BABYGYM FOR ALL AGES

Anika Govender

0764374385

govendera@sanbi.org

Caylan was born with problem legs both his legs were bent and skew making him a bit bandy legged. However as he began to grow his legs started to cross each other.

By the age of 7, Caylan began to walk awkwardly, limping slightly but also difficult for him to sit for long periods of time and also going to the loo was difficult.

Currently at 12 years, Caylan had to undergo extensive surgery to his hip, pelvis and legs. After surgery he found it even more difficult to walk. I was approached by his grandfather to administer the BabyGym massage to Caylan to see if he could perhaps find some relief. Caylan's spirits were down as he could not walk or attend school since the doctor had booked him off from school for six weeks.

He attends a private school and was very worried because he was behind with his work and being home meant that there would be a lot of pressure on him to catch up.

So we started our 'therapy' immediately, as time was of essence.

Using the relief massage oil from Annique I began to do BabyGym massage three times a week from the 10th of September 2007. In the first week Caylan experienced pain especially in his legs and lower back.

However by the middle of week 2, by the 18th he was able to walk using a walking aid. By week 3 he was able to walk on his own without supervision and returned to school.

By week 4, the 1st week in October not only was he able to walk and bath by himself but also his whole attitude was more positive and his outlook became one of "I am going to get better and I am going to catch up on all my school work too!"

He is an intelligent boy with a very pleasant disposition helping him and observing his progress week by week gave me a sense of joy and significance that words cannot describe.

This however motivates me to tell you about my second client Thanga. I am sure that you have all heard the old cliché you can't teach an old dog new tricks? Well that's how I felt when I went to help 64 year old stroke victim, Thanga.

She was in very bad shape. Having had her 1st stroke in February, the 2nd one in July and the 3rd one in September -all in 2007. She went to different doctors all the time and also went for speech therapy and physio once a month since August. Her right hand side was affected. She could walk very slowly, use her hand a little, but it was difficult for her to bath, change or comb her hair by herself. Her speech was

most affected. She would battle to convey a message. Above all she was a diabetic and a cardiac patient with very swollen feet constantly and a hernia problem. She was skeptical about the BabyGym massage helping her, saying that she went for physio. She did not practice it at home saying that she was tired, but she let me try anyway, for that blessing I was grateful.

I massaged her once a day for the 1st week since her stroke on the 5th of September. Thereafter twice a week for three weeks.

Using the shape spray from Annique on her legs together with the relief massage oil the swelling in her feet was gone.

By massaging her hands and feet she is now able to bath, cook, and make a cup of tea, all by herself. She can take small walks without holding onto somebody anymore.

Her speech has improved greatly she is audible now with a very slight slur now and again.

I believe that with constant BabyGym she would improve. By repeating the BabyGym massage process several times, the left hand side of Thanga's brain that was effected is being constantly stimulated hence the cells would not die totally preventing her from becoming bedridden or paralyzed on her right hand side.

Helping Thanga has brought to the fore the importance of helping our aged in the community to live their twilight years with dignity!

www.babygym.co.za