

Advice regarding Dwarfism

As the physiotherapist for the Dwarf Sports Association, I would advise that people with Achondroplasia or another genetic skeletal dysplasia not participate in Rebound Therapy or trampolining. People with Achondroplasia and some other forms of dwarfism have an exaggerated lumbar lordosis and spinal stenosis, these 2 factors increase the jarring forces through the spine on impact. It has been my experience that those people who have in the past participated in sports like trampolining experience increased back pain symptoms and a more severe stenosis in later life.

Because of the stenosis present throughout the spine and the likelihood of a malformed foramen magnum, people with achondroplasia should not attempt forward/backward rolls or flips, especially not in the air where there is the potential to then fall on their head or neck.

Personally I'd avoid all forms of bouncing whether that's jumping or bouncing through the knees whilst feet maintain contact. I can see where you may be coming from in a proprioceptive point of view but I wouldn't use a trampoline type surface, I'd use other methods.

If clinically they required the relaxation exercises where they were lying still on the mat, this would be ok, but I could only see this needed if they had a co-morbidity like CP for example.

Kim Dean