

Total Motion Release



What is TMR?



Total Motion Release© (TMR) for TOTs is a treatment technique for children with a focus on achievement of age-appropriate developmental skills thru techniques that promote overall body symmetry. It is based on the premise that when you shorten a muscle group, as opposed to stretching a muscle group, you create releases which improve mobility in a pain free way. This is achieved by allowing the body to move into areas of ease and comfort. This is contrary to former schools of thought, which were based on the belief that you need to stretch a muscle to create mobility. TMR techniques are painless, and are facilitated through comfortable activities and positions for a positive therapy experience. Significant results are obtained without discomfort to the baby. TMR Tots and Teens©, also known as TMR TOTs (<https://tmrtots.com/totshome>) is a modified version of TMR that is used to treat children with a focus on the achievement of functional developmental outcomes.

Who benefits from TMR?



TMR TOTS treatment techniques benefit all children with musculoskeletal dysfunction and sensory processing disorders. TMR TOTs has gained attention for treating diagnoses such as torticollis, gait asymmetries, cerebral palsy (CP), hemiparesis (stroke), Spina Bifida, hypotonia and developmental delays.¹ TMR also treats a wide range of other diagnoses. Children can achieve typical functions in order to roll, sit, crawl, stand and walk.

How does TMR help kiddos?



TMR treatment for TOTs identifies and treats the reversible tightness of the trunk that can develop from periods of immobilization in utero or in the NICU. Periods of immobilization can cause adaptive muscle shortening (decreased flexibility), which creates inefficient patterns of movement along the developmental sequence. Children with these inefficient movement patterns have a harder time learning to roll, sit, crawl, stand and walk.

In utero, babies' bodies naturally twist as they grow and develop in the womb, thus babies are born in the fetal position. After birth, nature opens the babies up from the fetal position with extension. Some babies, however, are locked into the postures they assumed in utero and are not able to move out of these positions. The extension that nature provides works against the babies' development. Babies struggle with head and trunk control as a result of asymmetrical postures, and develop inefficient compensatory strategies for movement. These babies get stuck in extension. The problem creates restrictions with resultant compensations that limit typical age-appropriate skills due to asymmetrical postures.

The TMR TOTs treatment techniques resolve tightness and restrictions in children in a pain free, fun, and functional manner. Through TMR, children learn age-appropriate movement patterns that are symmetrical, learn midline orientation and are able to engage in functional movement and play without compensations.



Want more info?

For more information on TMR and/or TMR Tots please visit:

<https://www.totalmotionpt.com/what-is-tmr/>
<https://tmrtots.com/totshome>

References

1. Blum S. What is TMR Tots & Teens (TMR TNT)? TMR TOTS. <https://tmrtots.com/whats-tots-teens>. Published 2021. Accessed January 26, 2021.