



Hypotonia

What is hypotonia?

Hypotonia refers to the decreased level of tone in your child's muscles. Simply put, hypotonia simply means low muscle tone. With that said, low tone is different than decreased strength. Tone is the tension of your muscles at rest; whereas strength is the amount of force your muscles exert against an applied resistance.

What causes hypotonia or low muscle tone?

Hypotonia is typically a symptom of an underlying condition. There are a surplus of medical conditions that have been associated to low muscle tone such as Down syndrome, cerebral palsy, Ehlers-Danlos syndrome, Prader-Willi syndrome and more.

How do I know if my child has low muscle tone?

Common signs of hypotonia include:

- Poor posture
- Ligament and joint laxity
- Delayed gross and fine motor development
- Delayed speech milestones
- Breathing and feeding difficulties
- Impaired mobility
- Pronation
- Flexibility
- Fatigues easily and quickly
- Feels "floppy" or "limp" when picking your child up

How will hypotonia affect my child?

Hypotonia can impact your child's

- Stability
- Endurance
- Mobility
- Posture
- Grip strength
- Motor skills
- Fine motor skills
- Speech
- Swallowing/feeding
- Breathing
- Potty training

The physical, occupational, and speech-language therapists at Pediatric Partners of NC can work with you and your child to maximize your child's muscle tone.