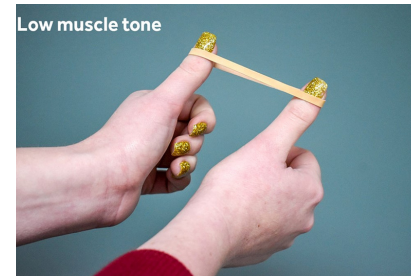
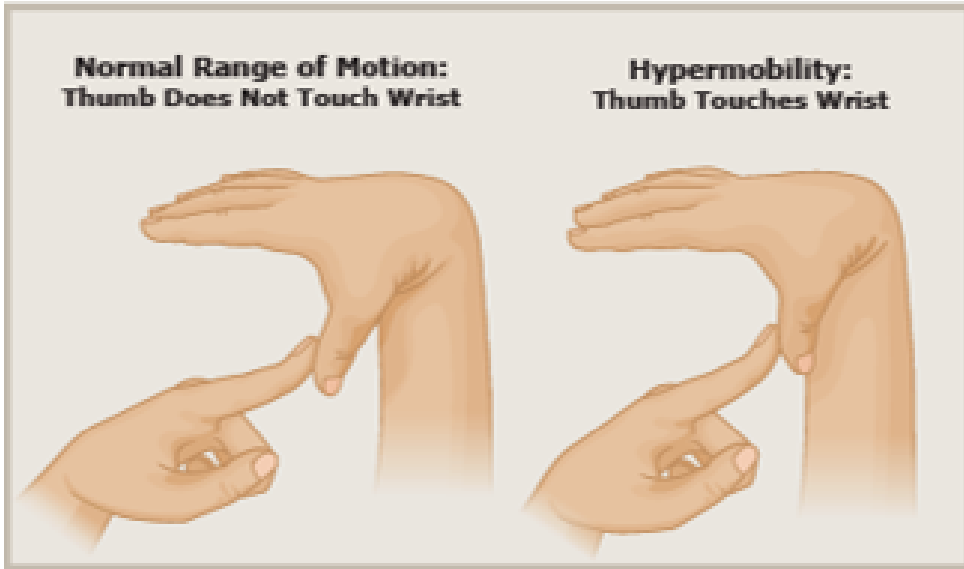


# Hypotonia

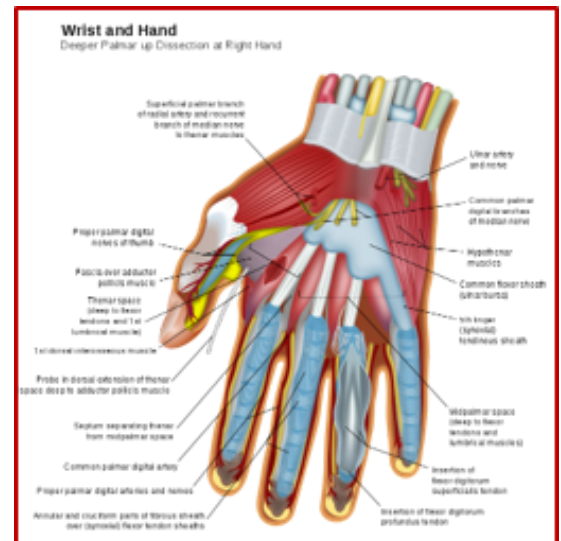
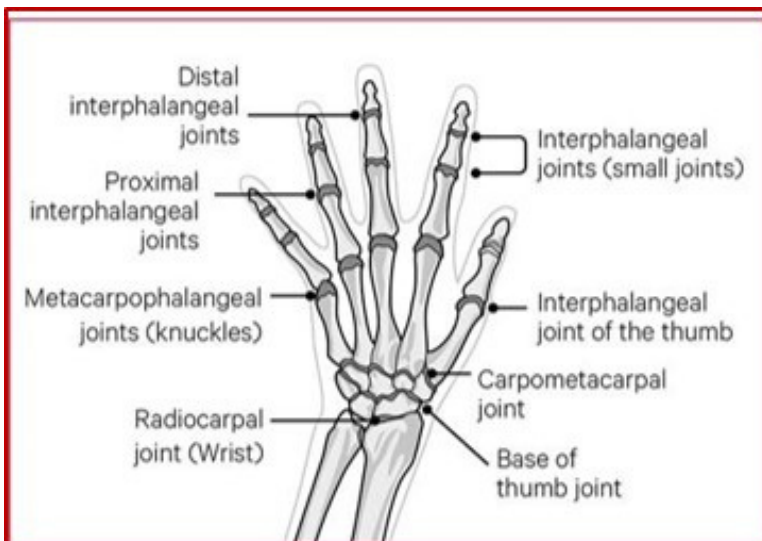
Hypotonia: Low muscle tone, which affects muscle strength, motor nerves, and the brain.

**People with Down syndrome have to teach their bodies to do things we take for granted every day.**

The rubber band represents the amount of tension in muscles while they're at rest.



For example, the low tone and laxity in hands and wrists make it much more difficult to do everyday skills like writing, tying shoes, using buttons, or cutting, and this is just one body part!



Look at all the joints and muscles in just your hands!!



# OVEN MITT CHALLENGE

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The low tone and laxity in hands and wrists makes it much more difficult to do everyday skills like writing, tying shoes, using buttons or cutting, and this is just one body part!

Put on some oven mitts and try these everyday skills. Think how much harder our kids work than typical peers just getting ready for school in the morning: getting dressed, zipping zippers, using buttons, tying shoes, brushing teeth, eating cereal, - all with oven mitts!

