

*Improving Mobility in a Client with Hypochondroplasia (Dwarfism): A Case Report*

Amy Axt Hanson, Cortiva Institute, Seattle School of Massage Therapy

**Abstract**

A client with hypochondroplasia dwarfism and a medical diagnosis of spinal stenosis had found that her ability to walk had decreased the past seven years from easily walking six miles to now needing to rest every half block due to muscle fatigue. Such weakness is consistent with nerve impingement due to spinal stenosis, which is not expected to be improved by massage. However, it was found that both lower legs had severe fascial adhesions, possibly compressing her tibial artery and other blood vessels and nerves. Relieving such adhesions was expected to improve her mobility, and indeed, myofascial techniques showed positive results in reducing adhesions, improving circulation, and significantly increasing the distance she could walk before resting. It was also found that LMPs need only make a few alterations in setup to better serve their dwarf clients.

Key Words: hypochondroplasia, dwarf, myofascial release, massage, spinal stenosis