

## A social-pediatric, practice-oriented physiotherapeutic focus on children and mental health

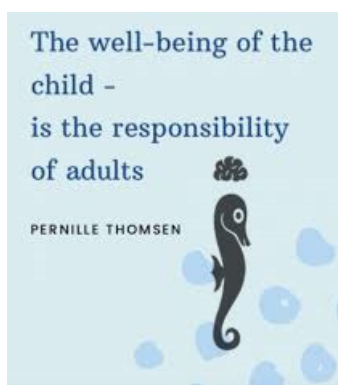
Pernille Thomsen

University college capital, Denmark



### Abstract

The number of children with stress and anxiety symptoms has increased dramatically over the past five years. The Danish Psychiatric Foundation points out that at least 14 percent of all schoolchildren have a mental health condition disorder including OCD, ADHD, anxiety, depression or stress. Besides, children, like never before, are medicated with anti-anxiety and sleeping medication. The child's thoughts, worries and stress levels - whether physical or mental - trigger the sympathetic nervous system, which causes the connective tissue to stick, the brain to shrink, the stomach to hurt and makes it difficult to fall asleep. It is now proven that it occurs through the sympathetic nervous system and the HPA axis. The levels of cortisol, adrenalin, nor-adrenalin, pro-inflammatory and pro-fibrotic cytokines rises. Furthermore the levels of Brain derived neurotrophic factor lowers, and the blood flow is reduced in the frontal lobes and in the stomach. The neurophysiology consequences of poor mental health is fatal for the child. The prerequisites for well-being and learning are affected, and the risk of physical inactivity and depression increases.



### Biography

Pernille Thomsen is one of the leading danish physiotherapist in the field of children and mental health. She's working together with the Danish Defence Veterancenter, the Danish Psychiatric Foundation and teaches physiotherapist, occupational therapist, teachers, pedagogues and doctors in neurophysiology behind mental health and how treatment should have a fokus on endocrinology, physical activity, massage and breathing. She has written the book "Remember to feed your seahorse" together with child psychologist Charlotte Bjerregaard, and has contributed to several books.

### Publications

- Thomsen P (2020) Børn og bindevæv. Børn i Fysioterapi 2020
- Thomsen P (2019) A Possible Pathway from Stress to Fibrosis. J Phys Med Rehabil Disabil 5: 032.
- Thomsen P (2019) Jeg er fysioterapeut og fodre søheste. Børn i Fysioterapi 2019
- Thomsen P, Bjerregaard (2017) Du skal huske at fodre din søhest. Peoples Press
- Alfven, G (2019) Barn och psykosomatik. Contributing chapter regarding connective tissue

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