

# Case study

## Dakota – Age 12



Limbformation



*Dakota was born with a condition called Polands Syndrome, a condition that results in missing or underdeveloped muscles on one side of the body. For Dakota this means an arm deficiency and no pectoral muscles in his chest.*

**Dakota is a twelve-year-old boy with the most captivating character and describes his hobbies as eating, rugby and playing on his phone. On a recent flying experience day, he took the controls and was told he was a natural. His next project is to learn to play the drums.**

Despite living life to the full, Dakota was born with Poland syndrome, a disorder that results in missing or underdeveloped muscles on one side of the body, which can affect the chest, shoulder, arm, and hand. For Dakota, this means he has an arm deficiency and no pectoral muscles in his chest.

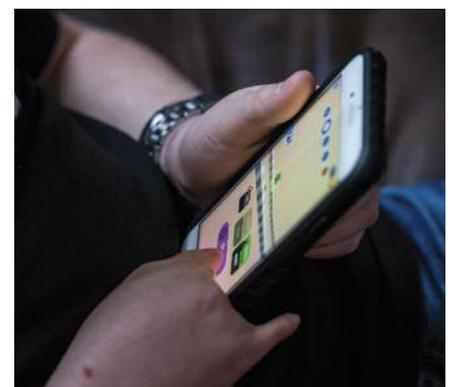
As is often the case, Dakota's parents did not get much help from the hospital when he was first born and had to research the disorder themselves. Since then, he has had nine operations including fat transfers and surgery to use a chip of his hip bone to create a finger, a muscle moved from his back and flipped over to create a sort of pectoral muscle (most common surgery for Poland Syndrome).

Naturally gregarious, Dakota deals with initial questions about his condition from new friends casually, finding that they soon move onto other subjects. He's keen to reassure any parents worried about a child with this condition that it shouldn't stop them from doing anything, describing most obstacles as psychological. In fact, Dakota says the only thing that his condition stops him doing is monkey bars.

In 2019, Dakota attended both the LimbPower games and the #ICan Family Camp in the Brecon Beacons, where he and his parents enjoyed meeting other children and their families because it normalised their own situation. When he's older, Dakota dreams of being an astronaut or a pilot, but would happily settle for becoming a scientist. Most of all, he feels that not much is known or



discussed about Poland Syndrome, so Dakota is keen to raise awareness of the condition. Somehow, we think he'll achieve anything he sets his mind to.



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