

Pediatric Therapy Today

Summer 2011

A Publication of Arlington Pediatric Therapy

SPORTS MEDICINE AQUATICS

A unique opportunity offered to our patients in the Sports Medicine department has been the use of APT's state of the art therapeutic pool. The warm water pool has proven to be beneficial for our post-surgical patients and for those who have sustained injuries that prevent them from bearing full weight on their legs or whom are unable to walk. The three different depth levels of the pool allow for a steady increase in tolerance to weight bearing and promotion of walking, making the transition to working on these activities in the clinic environment much easier for the patient. It is also a beneficial means of strengthening, as the



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buoyancy of the water can be used to assist with movements that are difficult to achieve, and can be used to resist movements as appropriate. The aquatic arena is also useful for patients with tight muscles and impaired range of motion, as the warm water improves circulation and relaxes muscle tissue allowing for improvements to be made. Currently three of our physical therapists, Linda Haynes PT, Carolyn Nugent DPT, and Jessica Trenkle DPT, as well as occupational therapist Karen Conkle OT, are certified shallow life water attendants able to treat orthopedic clients in the pool with physician approval. If you are interested in learning more about how the pool can help you child, please call the director of the Aquatics Department, Linda Haynes, at extension 410, or Carolyn Nugent, director of the Sports Medicine Department, at extension 428.



Summer classes / programs at APT for teens and young adults

Teen Dreams Bowling Club:

This is a great group for students age 13 and up. Not only is it an opportunity for them to work on their bowling game, but they'll meet new people or spend time with old friends. It's also a great way to escape the summer heat for a bit.

This program will be held at the AMF Rolling Meadows Lanes on Mondays from 3:00 -5:00 pm., through August 1st.

Social Skills Group:

This group is for high school age students and young adults who are struggling in the area of social skills development. It provides an opportunity to learn about, talk about, and practice various social skills. It also is a place to discuss all sorts of topics and situations and do some problem solving.

This group will meet at APT on Tuesday evenings from 7:30-8:30 pm. through August 2nd.

Support Groups

Support Group for Students (High School and Beyond)

This particular group has been in existence for 10 years now and consists of students who are all in high school and beyond.

The group provides students with physical disabilities the opportunity to meet other students who might be facing similar challenges. Students have the opportunity to share with one another some of the feelings they might be experiencing regarding their disability, and wonderful friendships develop in the process.

This group will meet at APT on Tuesdays from 5:00-6:00 pm., through August 2nd.

Support Group for Students (Elementary and Middle School)

This is a NEW GROUP and we are looking for students in elementary and middle schools who might be interested

APT would very much like to start up another support group for elementary and middle school students with physical disabilities. If you feel your son/daughter might benefit from such a group, please contact Mary Beth Mayer at 847-255-8690, ext. 127.

This group would meet at APT on Tuesday from 6:15-7:15 pm through July 26th.

Parent Support Group

APT also offers an evening parent support group that meets the second Wednesday of every month at 7:00 pm. This group is a wonderful way for parents and caregivers, who have children with special needs, to connect with one another to talk, network, and offer support. It is a great group open to anyone and if offered right here at APT. If you ever feel that you are alone on this "journey" of having a child with special needs.....**please** come to this group and realize that you are not alone.



Hold Your Horses

The annual FOCIT Great Strides Benefit at the Arlington Trackside is scheduled for Sunday, September 25th. Please Mark your Calendars and Save the Date - Food, Games, Prizes, Facepainting, Races, Raffle, Silent Auction, Fun for all Ages.



SOMEONE YOU SHOULD KNOW

We are continuing our series of people you should know who have made contributions to Arlington Pediatric Therapy. Kelly Tilley is an Occupational Therapist at Arlington Pediatric Therapy. She has spent the last ten years learning more about the ways sensory processing dysfunction impacts the lives of the children she treats. Her new book, *Active Imagination: 50 Sensorimotor Activities for Improving Function in Children*, provides fun and creative ways to build strength, coordination, focus, and attention. The book evolved from activity cards that Kelly has used for several years in an effort to make programming and treatment sessions more effective and fun.



Kelly was born in Sarnia, Ontario, Canada (only an hour away from Justin Bieber's hometown, no they don't know each other, but she likes his hair). Kelly completed her undergraduate degree at The University of Toronto and went on to complete her Clinical Masters in Occupational Therapy at the University of Western Ontario located in London, Ontario. Kelly's husband was transferred to Illinois in 2000, which led them to the USA and Kelly has been working at APT since that time.

Kelly has two Children, Grace 8 and Cole 5, who are the inspiration for many of the illustrations and activities pictured in her new book. Kelly enjoys spending time with her kids - fishing and hiking around McHenry County. She also enjoys swimming, biking, and especially baking! She takes pleasure in telling others which celebrities are Canadian and mispronouncing words like out, about, boots, mom, and pasta.

Her new book *Active Imagination: 50 Sensorimotor Activities for Improving Function in Children* is published by Sensory World, a division of Future Horizons and can be found on Amazon.com.



FLAT FEET FOREVER CAMP

(An Intensive Camp for Toe-Walkers)

Arlington Pediatric Therapy Management Services is hosting our first annual intensive therapy summer camp, *Flat Feet Forever*, a camp geared to address idiopathic toe walking. "Idiopathic" is a term used to describe toe walking that occurs out of habit, without any physical or medical reason. Walking on the toes or on the ball of the foot is fairly common in children who are just beginning to walk. However, children should outgrow toe walking after the age of 2. After the toddler years, persistent toe walking in children may continue out of habit, lack of ankle range of motion, lack of muscle coordination or strength, or a hyper or hyposensitivity of the feet.



This three week camp is geared towards children ages 4-8 years old. It will be held the Summer of 2012. Monday through Thursday, for three hours per day and will be under the direction of several physical therapists at APT. The camp is an intensive opportunity to address this common

gait dysfunction with theme-based stretching, strengthening, gait training, vestibular and motor planning activities and games.

Stay tuned for more information. Interested families of potential campers can contact Rose Anderton at 847-255-8690, ext. 433.



I-PAD NOW BEING USED IN THERAPY

Arlington Pediatric Therapy is excited to be utilizing the I-Pad 2 in speech therapy for children of all ages. This new technology provides a variety of highly motivating, hands on learning opportunities.

The speech therapy department is using different applications to target prelinguistic skills, early vocalizations, grammar skills, vocabulary development, auditory processing, articulation, execution functioning, and augmentative communication. For example, the **Artikpix** app by RinnApps is being used to help children with sound production. The app allows the speech-language pathologist to choose the target sound, choose if they want the child to practice the sound in the beginning, middle, or end of words, and choose if they want the child to practice the sound in words or sentences. It also allows the child to record him or herself, which assists the child learning to self monitor their own speech. Children enjoy this app as it gives them the opportunity to practice their sounds in a memory game and speech-language pathologists appreciate the data it provides in the child's progress. Another app being utilized by the speech department is **Proloquo2Go** by Assistive ware, which provides augmentative communication to those who have difficulty speaking. It includes a vocabulary of over 7,000 items using picture symbols and text-to-speech voice. In addition, several different apps are being used to help children with executive functioning skills, such as those for note taking, voice recording, timing, and scheduling,

The use of the I-Pad 2 has helped parents who use I-products to target their children's goals in a fun and motivating way at home and in the community.



WHEELCHAIR AND SEATING SERVICES CLINIC AT APT



Arlington Pediatric Therapy Management Services is excited to announce we are now providing a **Wheelchair and Seating Services Clinic** at Arlington Pediatric Therapy on the third Monday of each month. The Wheelchair and Seating Services will be headed by Jessica Presperin Pedersen MBA, OTR/L, ATP. Jessica has specialized in wheelchairs and seating and has over 30 years of experience. She will work with Rose Anderton, PT, DPT, physical therapist at Arlington Pediatric Therapy as well as certified wheelchair suppliers in the area.

The wheelchair team is available for new evaluations for power and manual wheelchairs, wheelchair fittings, mobility training, modifications to existing chairs and trials and recommendations of additional adaptive equipment, such as car seats, positioning chairs, standers, transfer devices, etc. Families are able to work with vendors and suppliers they prefer and are familiar with, or they can have suppliers recommended to them, that fit within their insurance guide lines. The clinic has been off to a great start over the last three months, and numerous families have benefitted from the convenience and the expertise that this seating clinic offers.

We are accepting new referrals for the clinics to be held this summer. Interested families can contact Rose Anderton with any questions or to schedule an initial evaluation by calling 847-255-8690, ext. 433.



New Program Coming to APT: Pediatric Yoga

We are excited to announce that we will begin offering yoga in August 2011! All children ages 3-8 are eligible to join. Participants must register at the Main Reception counter or call APT at 847-255-8690.



Way To Go Flourish In The Footlights!

Congratulations to our Flourish In The Footlights actors! This incredibly talented group of students presented Jack and the Beanstalk to a full house at the Metropolis Theatre in Arlington Heights, on Monday, April 25th. This was the 8th production presented by Flourish In The Footlights and all of the actors did an outstanding job! It was truly a night enjoyed by all – actors and audience alike.

The production was the final step of a long journey of preparation that started back in October of 2010. The Flourish In The Footlights program is a two-phase program starting with an Acting Techniques Class held at APT in the fall and followed by a Production Class held at the Metropolis Performing Arts Centre in the winter/spring. Professionals from both APT and the Metropolis teach the classes.

If you are interested in learning more about this wonderful program or would like to sign up for 2011-2012, please contact Mary Beth Mayer at 847-255-8690, ext. 127.



OT Sings National Anthem for White Sox

As part of the Greek Heritage Night Celebration at U.S. Cellular Field on July 5th, our own Occupational Therapist, Angie Harisiadis was invited to sing the National Anthem. That evening the Chicago White Sox played Kansas City Royals.



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HERE WE GO AGAIN!

Just when we thought our construction project was over, our tenant at the north end of the building has decided not to extend their lease and relocate their business elsewhere. Instead of seeking another tenant, we decided to take over the additional space (approximately 8,000 additional square feet). The clinic will then occupy the entire building (approximately 33,000 square feet in total) and offer our staff even more elbow room to serve our clients better than ever. The design of the additional space is in the planning stages. We are hopeful that everything will go smoothly and the construction will be completed sometime around the beginning of October. When completed we will then plan our OPEN HOUSE. As plans become available, we will let everyone know what to expect.



TOT Swim Class

Arlington Pediatric Therapy has had great success with their TOT Swim Class! We continue to run three classes on Monday mornings: Infant class for ages 6-18 months from 9-9:30, the Toddler class for ages 18 months-3 years of age from 9:30-10 and a 3-5 year old class from 10-10:30. The swimmers learn basic water safety and beginning swimming skills. The class is held in our new state of the art warm water pool, perfect for little ones beginning their journey into new swimmers. Class size is limited to 4 swimmers/session and swim classes run for 6 weeks. Sign up soon, we want you to swim with us!

Questions? Call Jennifer Scoggins 847-255-8690x 525

