

# Pediatric Therapy Today

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## New Division of APT to Focus on Athletic and Injury Rehab

Arlington Pediatric Therapy is very proud to announce that we are opening a new clinic that will specialize in sports medicine and treating orthopedic injuries exclusively in children, teens, and young adults. The new clinic will open its doors in 2007 in response to the increasing demand by current clientele and the ever-increasing need for therapists and rehabilitation coordinators that understand the unique needs of the young population.

One focus will be treating children and teens with orthopedic injuries and conditions such as ankle and knee/patellar injuries, scoliosis, and fractures. We will work with pediatricians and orthopedic surgeons, as well as family members, to implement effective therapy strategies. Because our therapists specialize exclusively in pediatrics, our therapy models will not necessarily be treatments that are intended for the adult population.

Another focus will be rehabilitation from sports injuries. We will offer an acute care center where patients will be treated for ailments such as tendonitis, sprains and strains, dislocations, and overuse injuries. Again, our understanding of the unique physiology of children, teens, and young adults will give us the ability to treat and put the young athletes back on their feet quickly and effectively. Treatments will be held in our new facility which will house state-of-the-art machinery, free weights, and most importantly, the open space needed for rehabilitation.

We truly believe that this will be a vital resource for families in the northwest suburbs



3105 N Wilke Road, Suite H  
Arlington Heights, IL 60004  
(847) 255-8690

[www.aptmltd.com](http://www.aptmltd.com)

and Chicago area. Recent research has shown that as children begin playing sports competitively earlier, and as they specialize in one sport from a young age, they are becoming much more susceptible to athletic injuries. Children's athletic programs are constantly becoming more demanding and concentrated. While many children still enjoy playing different sports throughout the year, there has been a dramatic increase in "specialization" in which a child will concentrate on one sport throughout the year. Travel teams, multiple leagues, indoor competition, and pressure to thrive are all major factors.

Statistically, children ages 5 to 14 account for 40% of sports-related injuries for all age groups. Approximately 3.5 million children and adolescents 14 and under will be hurt playing sports or participating in recreational activities. More than 775,000 are treated in a hospital  
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emergency room. The majority of these injuries are a direct result of falls, being struck by an object, collisions, and overexertion. There are higher injury rates during contact sports, and the more severe injuries occur during individual sports. Sixty-two percent of organized sports-related injuries occur during practice.\* These statistics, found in a 2005 study by Yale University, reveal how prevalent sports and recreational injuries are in children and adolescents.

We feel that we will offer the most effective therapy treatments for the young population. As pediatric specialists that have been in business for over 25 years, we understand the unique physical, mental, and emotional needs of children and adolescents in therapy. A formal announcement will be made as the official opening approaches. If you have any questions or to request more information, please contact Chris Weber, Executive Director and Physical Therapist at (847) 255-8690, ext. 114.

\*Yale Medical Group, Copyright © 2005-06 - Yale University School of Medicine

## **Developmental Playgroup Baby Boosters Now Available at Motorola Daycare**

The Education Department of APT is excited to announce that Baby Boosters, a developmental playgroup which includes physical, occupational, or speech therapists, will soon be offered here at APT and also at the Motorola Daycare Bright Horizons next door. We are so excited to have this new option for families that would like their child to take part in a developmental playgroup that is directed by therapists in a Natural Environment. Due to the location, the classes that are being offered at Bright Horizons by APT therapists will be much more accessible for families that are enrolled in Early Intervention. Please direct any questions or family referrals interested in being in Baby Boosters to Krista Stewart (847-255-8690, ext. 120) of the APT Education Department.

## **Balance, Coordination, Agility and More: Core Strengthening is Essential**

One of the new services APT's new athletic and injury rehab clinic will offer is a core strengthening program - this program is for all area children. Robin Page, a pediatric physical therapist, will lead this program. Robin has developed this program of core strengthening through the use of different games and activities that kids thoroughly enjoy.

The core is the part of your body between your shoulders and hips, also known as the trunk. The core takes on an important role in everything we do from sitting to walking and running. The core creates stability in our body to allow mobility, and it acts as the grounding center of our body. Key factors addressed in the program include balance, rhythm, speed, respiratory, coordination, endurance, flexibility, agility, injury prevention, and exercise in a fun, non-threatening way.

Requirements for participation in the program are that the children have to be between the ages of 6-12, the ability to follow 2-3 step commands, the ability to run independently, and the ability to participate well in a group setting.

A more formal announcement with class times and availability will be made in the upcoming weeks. For any additional questions, please contact Robin Page at Arlington Pediatric Therapy, (847) 255-8690, ext. 413.

## **Editor's Note:**

The views in this publication are not necessarily those of the employees of Arlington Pediatric Therapy. Articles this newsletter are meant to share information and treatment possibilities with families in need of pediatric therapy services and industry professionals.

## APT Receives Creative Drama Award from Illinois Theatre Association

The Illinois Theatre Association recently awarded Arlington Pediatric Therapy as the recipient of the 2006 Creative Drama Divisional Award. The award was decided by a unanimous vote, given in recognition of the service APT provides for people with special needs in access to the arts.

Over the past three years, the Education Department of APT has partnered with Metropolis Performing Arts Centre to create *Flourish in the Footlights* – a two-level creative drama class and children’s theatre production program open to people with special needs between the ages of 13 and 30. For the past three years, APT has donated space, time, marketing and money to non-profit partner *Friends of Children in Therapy*. The program has allowed teens and young adults to gain self-confidence, socialization skills and have a moment to shine as stars. The next production is slated for Spring 2007.

The Illinois Theatre Association, active across the state for over 30 years, is an association of interest area divisions advocating theatre through encouragement and facilitation of closer and better communication among professional, community, and educational theatres in Illinois.

An awards banquet was held on Sunday, October 8, 2006 at the Metropolis Arts Centre in Arlington Heights.



*Flourish in the Footlights* past production of *Robin Hood* at the Metropolis Theatre.

## From Chris & Elaine

By the time you read this, 2006 is over, and many of us are working hard on keeping true to our New Year’s resolutions. Surely, we all either have resolutions or know people who do. The tradition of the New Year’s resolution is nothing new – it goes all the way back to 153 B.C. when a mythical king, Janus, was said to have the ability to simultaneously look back at the past and forward to the future. Janus (for whom the Romans named the first month) became the symbol of resolutions, and over 2,000 years later many cultures continue to carry on the tradition of resolutions. As the oldest of all holidays, the celebration of the New Year is observed by different cultures in many ways.

In Wales, the back door is opened and shut at the first toll of midnight. At the twelfth stroke of the clock, the front door is opened. This symbolizes letting the old year’s bad luck out and welcoming the new year and good luck.

In Sicily, good luck is said to come to those who eat lasagna on New Year’s Day, but any other noodle will bring you bad luck.

The Spanish eat 12 grapes when the clock strikes midnight, one with every toll. It is said to bring good luck for the 12 months ahead.

Similarly, Peruvians eat grapes at midnight, but they add a 13th to assure good luck.

For the Chinese New Year, all knives are put away from 24 hours to keep anyone from cutting themselves, which is thought to cut the family’s good luck for the year.

We wish everyone the best for all of 2007. If you have a resolution to save more money, exercise more, spend more time with your family, or improve your life in any other way, good luck. If you don’t have a resolution, we hope that 2007 brings you much happiness. Our resolution at APT is to continue to serve our community and extend to our clients a genuine effort to improve the lives of each individual and his or her family. Here’s to a great New Year! Cheers!



## Renowned Therapist Mary Massery Lends Her Expertise to APT

Several years ago, Mary Massery was invited to Arlington Pediatric Therapy to present her course "If you can't breathe, you can't function." The staff was so impressed by her knowledge of respiration and how it impacts everything a child does, we asked her if she would be willing to conduct respiratory clinics for APT so we could learn and better serve these particular needs of our clients. Mary has been with us since; her clinics are always full, and we continue to benefit from her wealth of knowledge and sincere concern for our kids. Below, Mary shares her thoughts on cystic fibrosis.

### **Cystic Fibrosis** by Mary Massery

*Cystic Fibrosis is an inherited disease that causes significant problems with lung and gastrointestinal function. Until recently, these kids typically died of some type of respiratory complication before adulthood. However, with the advent of improved medications and a better concept of team management, these patients are now living on average to around 35 years old. In the next ten years, researchers are predicting the average age of survival to be 50 years old! While this progress is encouraging, there are some undesired consequences. Because of the repetitive harsh coughing and other complications of the disease, most patients with cystic fibrosis have significant postural problems and associated painful conditions from poor alignment by adulthood. The medical community at large is just beginning to understand the musculoskeletal issues associated with the maturing CF population and the ideal time to start physical therapy to correct or prevent these maturation problems.*

The latest research points toward earlier, not later, intervention for ideal outcomes. This is where Arlington Pediatric Therapy comes in. The ideal time to begin physical therapy for postural corrections appears to be in the pre-adolescent period, around ages 8-12 years old. The PT staff at Arlington is knowledgeable on this topic for diagnosing postural malalignment and for treating it. Several of the staff traveled to

St. Louis, MO in 2004 to assist Mary Massery, PT, DPT when she presented an extensive 10 hour session to other physical therapists and clinicians treating CF at the International Cystic Fibrosis Foundation annual meeting. Mary has been doing respiratory clinics at APT since 1997 and is a readily available resource for the staff on cystic fibrosis.

### **Biography**

Dr. Massery received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific and she is currently a Doctorate of Science student at Rocky Mountain University in Provo, Utah. Mary has published her work in numerous journals and textbooks and has given over 500 professional presentations nationally and internationally on topics relating to ventilation impairments in children and adult populations. In addition, Mary

- Has a private practice
- Teaches in the physical therapy curriculum at several universities
- Conducts clinical research
- Consults at numerous Chicago area hospitals, schools and clinics
- Conducts year-long multi-disciplined pulmonary mentorship programs at Numerous Chicago area hospitals

In 2002, Dr. Massery received the American Physical Therapy Association's (APTA) highest clinical award: *The Florence Kendall Practice Award*, for her "outstanding and enduring contributions to the practice of physical therapy." In 2004, Mary was the invited international speaker on cystic fibrosis at the *Royal Society of Medicine* in London, England. In 2005, she was the keynote speaker for the annual *Australian/New Zealand Spinal Cord Injury Conference* in Brisbane, Australia. And in 2006, she was asked to present the sole pre-conference program at the *29<sup>th</sup> Annual European Cystic Fibrosis Conference* in Copenhagen, Denmark. Most recently, her private practice was the cover story of the July issue of the *APTA's National PT Magazine*.

## “My Mark on the World” Life Enrichment Through Art

During the month of November, the Arlington Heights Memorial Library hosted a special art gallery entitled *My Mark on the World*, a collection of artwork created by Miner School and Arlington Pediatric Therapy students under the direction of Laura Brown. Ms. Brown is the director of Spring Street Studio - Traveling Art Studio. She also teaches art classes facilitated by Friends of Children in Therapy (FOCIT) and Arlington Pediatric Therapy. The program serves children and young adults with special needs and acts as an enrichment program to build artistic skills and explore creativity. This was an exciting and wonderful opportunity to showcase the work that these students have created. In December, the artwork was on display on the walls of APT, and was enjoyed immensely by proud students, parents, and staff. For information on this great program and upcoming classes, please contact Irene Stoesser of FOCIT, (847) 255-8690, ext. 124.

## FOCIT Fundraiser Helps Kids with Holiday Shopping

Why fight traffic at the malls when children can shop onsite? Back by popular demand, our holiday “store” was open in Conference Room #2 on December 1. Children found items for that “special someone” on their lists, such as a teacher or family member. Most items were \$5.00 and less, and included items such as picture frames, calendars, stuffed animals, and holiday knick-knacks. Every cent was donated to FOCIT for programs and services benefiting the children.

## A Successful Year of Giving for Friends of Children in Therapy

As we near the end of another year, we want to thank all the many wonderful volunteers and donors for generously supporting Friends of Children in Therapy (FOCIT). We are happy to report that we have been able to provide \$25,000 in 2006 for family assistance, classes, scholarships and other programs. Also included was a grant of \$2,500 for equipment for the Quiet Sensory Room at APT. Going back to January 2005, FOCIT has provided \$56,000 in financial support! This would not be possible were it not for the parents, APT therapists and office staff, donors and community partners who enthusiastically participate in our efforts. Thank you!

Speaking of community partners, we are thrilled to report that Sam’s Club / Wal-Mart in Wheeling presented FOCIT with a check on November 27 in the amount of \$1,000. How great is that!

## Flourish in the Footlights to present *The Jungle Book*

*Flourish in the Footlights*, a performing arts program sponsored by APT and FOCIT, has announced that its 2007 production will be *The Jungle Book*. Written in 1894, *The Jungle Book* is a collection of stories by acclaimed author Rudyard Kipling. Since its publication, several live-action and animated adaptations have been produced, making it one of the most well-known fiction stories ever written.



Arlington Pediatric Therapy  
3105 N. Wilke Road, Suite H  
Arlington Heights, IL 60004

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## **APT Hosts Annual Holiday Party December 8th**

The annual APT holiday party was held Friday, December 8, 2006. Santa and his Holiday Elf were there to give all the APT kids presents and get pictures taken. This holiday party had a huge turnout, and everyone there would agree that all the kids, parents, friends, and families had a great time! Thanks to everyone who made the event such a huge success, and thank you to all the families that made it such a wonderful evening. APT has reserved Santa for the 2007 party, so make sure you're there!



*Sean Grady enjoys his first visit with Santa and the Holiday Elf at APT's Holiday Party on December 8*

