

# Pediatric Therapy Today

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## SUMMER ADVENTURE CAMP!

This past summer APT ran its' first modified Constraint Induced Movement Therapy (CIMT) and Hand Arm Bilateral Intensive Therapy (HABIT) intensive camp. The camp was targeted for children ages 4-8 with hemiplegia. The Adventure camp ran five days a week, three hours each day for a total of three weeks. The seven campers participated in themed activities providing an intensive opportunity for them to gain strength and function in their impaired upper extremity as well as improve their functional bilateral skills. The campers' motivation to participate in strengthening activities improved with the help of their fellow campers. The halls of APT were filled with enthusiasm and songs fit for our daily themes, which ranged from "Southwestern Adventure" to "Celebration of America." We saw great improvements in our campers' range of motion, strength, motor planning and sequencing. Campers' also improved in their bilateral coordination, their sensory processing and their attention and focus. With such great success from this camp, we look forward to running our second Adventure Camp in the summer of 2011.

The idea of running this camp was a collaborative effort of APT, DuPage County Easter Seals, and Pathways of Glenview. The efforts of the therapists and administrators of these pediatric clinics helped develop strategies and the basic formats for camps held at each center. The therapists involved with the APT camp were Occupational Therapists Chris Mix and Jennifer Scoggins and Physical Therapist Sarah Grubich. We were fortunate to have a host of volunteer students who also assisted with the running of our camp.

This fall Chris and Jennifer, with therapists from Pathways, were asked to present findings about their camps at the annual Occupational Therapy conference in Springfield, Illinois. These same therapists presented again in a lunch-and-learn format at the APT clinic.



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### **Arlington Rehabilitation for Sports & Orthopedic Injuries**

a Division of APT

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*A young camper enhances upper extremity mobility during "Firefighter Day."*

## **A SHORT HISTORY OF ARLINGTON PEDIATRIC THERAPY AS WE CELEBRATE 30 YEARS**

Two life long friends, Chris Weber and Elaine Sianis, who both had careers in physical therapy, founded Arlington Pediatric Therapy (APT) 30 years ago. The two set up a modest practice in the basement of Chris Weber's home. After a number of years and a growing patient load, the two rented space at a local church in Arlington Heights. As the number of patients continued to grow, additional therapists in physical therapy, occupational therapy, and speech therapy were hired. An office staff to answer the phone was added as well. The need for more space once again became a factor. They have been at their present location, 3105 N Wilke, Suite H in Arlington Heights, for over 20 years now. It began as a small clinic and now with over 24,000 square feet of clinic space, APT has established itself as one of the largest and most complete independent pediatric outpatient therapy clinics in the Chicagoland area.

## **RESEARCH PROJECT WITH THE REHAB INSTITUTE OF CHICAGO (RIC)**

Arlington Pediatric Therapy is excited to have a new adjunct to physical therapy services for idiopathic and neurologic toe walking and other gait abnormalities due to tight and weak ankle muscles. With the help of Dr. Deborah Spira-Gaebler at the Rehabilitation Institute of Chicago (RIC), APT has acquired Rehabtek's IntelliStretch II. This innovative technological advancement allows our clients to strengthen and stretch their ankle muscles via robotics. IntelliStretch incorporate intelligent passive stretching and active movement training with motivational games. The combination of feedback-controlled passive stretching and game-based active movement training at the ankle offers convenient and engaging training, motivating patients to do more active exercises. Patients move their feet and ankles while they play fun games on a computer screen. IntelliStretch assists or resists the joint depending on the level of impairments.

Initial results of the IntelliStretcher have been very promising with clients at APT. Most children have demonstrated improvements in both active and passive ankle dorsiflexion and plantarflexion. Additionally, they have demonstrated improvements in balance, coordination, and timing with decreased toe walking. Most importantly, the kids report they are having fun!!! If you have further questions or believe your patient or child may be appropriate to utilize the IntelliStretch, please feel free to contact Sarah Grubich, DPT at APT at 847-255-8690 x 427.

## **AS CONSTRUCTION ENDS LOOK FORWARD TO OUR OPEN HOUSE**

Our major construction project began in earnest on November 16, 2009. The project added more than 6,000 square feet to our existing space. The highlights of the added space were a new Therapy Pool, an additional Sensory Motor Gym, a larger Sports Medicine Gym with state of the art equipment, including individual treatment areas and featuring a new and separate entrance, a larger Casting Room with the capability of expansion, new opened Reception Counters at the south and east entrance, a larger Waiting Room in the Main Reception area, remodeled washrooms for the public, larger Fitness and Gross Motor Gyms, plus additional Treatment areas for all departments and more staff offices. All in all it was a big undertaking and we are very proud of the final result. We still have a few additional items to take care of. Once completed, please watch for the date of our OPEN HOUSE to celebrate our new facility.

## OUR WEB MASTER IS SOMEONE YOU SHOULD KNOW

Joe Humbert is the Arlington Pediatric Therapy Management Services (APT) Web master/ Web Developer. He became interested in computers at a young age, playing computer games on a black and green Apple IIe at APT. He taught himself Web programming, graphic design and visual design during his freshman year of high school. During high school he continued honing his programming skills. In early 2000, he received his first paid Web design job for the Master Well Comb Company. In late 2000, he started working for Carmel Credit Consulting, managing their Web site and a few others. He also designed Web sites for other associates of that company. Late in 2001 he convinced Chris Weber and Elaine Sianis (co-owners of APT) that the Internet was the future and APT needed a Web presence. He launched APT's first web site in 2002. To improve his skills he attended Purdue University earning a Bachelor's degree in Computer Graphics Technology. At the peak of his freelance Web design career, he had designed and was managing nine Web sites including APT and Friends of Children in Therapy (FOCIT). After graduating with his undergraduate degree in 2006, he pursued a Master's degree from Purdue in Special Education with an emphasis on Assistive Technology. Upon completing his Master's degree, he pursued a career in Assistive Technology and Web Accessibility. He is currently employed by Indiana University as an Assistive Technology and Web Accessibility Specialist.

APT made a big impact on Joe's life. He was a patient at the clinic for over 20 years (starting at the age of two); he received both Physical and Occupational therapy. He wanted to make sure that the web site helped continue APT's mission of helping children. The original design was very child oriented, including basic information and a flash banner featuring a child's laugh. He updated the APT website in 2006 maintaining the child friendly design, but adding a more contemporary and business style design. The new Web site provided much more information. The site stayed almost unchanged until late 2009, when APT asked him to resume updating and maintaining the Web site. Since then, he has collaboratively made regular updates and improvements to the site adding a calendar, an employment section, news stories, a staff directory, the Robin Gavin Tree, an aquatic therapy section, construction information, a photo gallery and more. In addition, during the spring of 2010 he developed the Sports Medicine Web site and an electronic admission form for both sites. He looks forward to continually adding new and useful features, which will advance APT's mission.

Hopefully, you have noticed the signs at each entrance asking everyone to visit us on the web. See the APT site @ [www.arlingtonpediatrictherapy.com](http://www.arlingtonpediatrictherapy.com) and our new Sports Medicine Division, Arlington Sports Rehabilitation for Sports and Orthopedic Injuries site @ [www.arlingtonsportsrehab.com](http://www.arlingtonsportsrehab.com). Both are user friendly.

We're very happy and proud to be able to give our clients, potential clients, current employees, future employees, colleagues, and others information about all of our services. When you have the opportunity, please check us out. Everything you need to know and more is on our web sites.

We plan to bring you more feature articles about "Someone You Should Know" in the future. We hope Joe has been an inspiration to all. He is for us!

## AQUATIC THERAPY IN OUR OWN POOL

During the planning stages of our recent construction project, adding our own therapy pool was extremely high on our list of improvements. We chose a beamed Ferno Performance Pool because of its ability to be built in the planned space and because of the versatility to be used by a variety of age groups. We were able to customize the dimensions of the pool, which features flat bottom terraces at various depths. The flat sidewalls and square corners allow patients more room and are often used for a variety of different exercises. A viewing window was added to provide an undistorted view of patient exercise below the surface. A high-pressure water jet system is a feature that, when activated, provides more resistance than the water alone. Exercise bars mounted on the sidewalls are great for doing wall exercises. The custom welded textured liner on the pool floor is slip resistant and makes for a safe surface to walk on. An ADA approved lift was added so that any patient, regardless of his or her handicap or size, would not be denied access to the pool. The water temperature is kept at an average of 92 degrees Fahrenheit. The Ferno Performance pool is in use at many hospitals and treatment centers throughout the state of Illinois. It is also used by a number of professional and collegiate sports teams. Our design has afforded us with enough space to treat a number of patients at a time. The intimate design of our facility fosters therapist and parent interaction during treatment in a similar fashion as they do in a typical land based therapy room. We are



very proud to be able to provide this feature to our patients and their families.

Aquatic Therapy is a beneficial form of exercise because while in the water, the pull of gravity on the body is not as strong as on land. This enables functional activity and motion to be more comfortable. The water supports the body, provides resistance and assistance to movement it also reduces joint stress. The physical properties of water make it a great tool to promote and help with alignment, muscle activation, balance, body awareness, symmetry, core weaknesses, sensory integration, speech/respiratory disorders, and more.

Aquatic Therapy is not meant to replace land-based therapy, but it can be very effective when used in conjunction with it. Unfortunately, not all children are necessarily appropriate for Aquatic Therapy.

We offer Aquatic Therapy for patients who need Occupational, Physical, and Speech Therapy

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and provide Aquatic Therapy for our Sports Medicine patients when appropriate. One-on-one sessions start at 30 minutes for young children progressing to 45-minute and 60-minute sessions. All of our licensed therapists are also certified as Shallow Water Attendants through the American Red Cross.

A spin off of the traditional treatment time in the pool has been the addition of **"TOT SWIM CLASSES."** This program was created to provide every child (patients, non-patients, siblings, or others) with the opportunity to enhance the experiences in a pool environment. Small classes in which parent and child are in the pool together stress water awareness and basic swimming skills for children. Classes are on Monday mornings and are divided into three categories; 6 months to 18 months, 18 months to 36 months, Pre-school: 3 years to 5 years. Class sizes are limited to four patients and children per session.

For more information about any portion of our Aquatic Therapy program please contact us @ 847-255-8690.

## **FLOURISH IN THE FOOTLIGHTS**

In conjunction with the Metropolis School of the Performing Arts in Arlington Heights, Arlington Pediatric Therapy enters their 8<sup>th</sup> season of offering young adults with special needs the opportunity to participate in the production of a play. This acting class for young adults ages 13 and up began Monday, October 4<sup>th</sup> at the clinic. The class has now moved to the Metropolis. This year's play is called "Jack and the Beanstalk." Their performance will be on Monday, April 25, 2011 at the Metropolis. For more information please contact: Mary Beth Mayer @ 847-255-8690 ext 127.

## **AN UPDATE FROM OUR SPORTS MEDICINE DIVISION**



2010 was an exciting year for the newest division of APT, Arlington Rehabilitation for Sports and Orthopedic Injuries. Following the expansion and the opening of our new and enlarged facility, we welcomed a 20% increase in our clientele. We are now proudly serving many of our neighboring junior high, middle school, and high school students.

This fall, we saw a large increase in the number of overuse injuries in runners. Many of these injuries can be prevented with proper shoe wear, stretching, basic strengthening, and icing following practices, meets, and contests. If an overuse injury is suspected, contact your doctor immediately. The severity of these injuries and length of time an athlete must sit out can be greatly reduced with physical therapy treatment.



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## **Baby Boosters and More**

The Baby Booster program returned to APT this past fall. The Baby Boosters is a small developmental playgroup for all children typically developing and children with special needs. The children participate in structured play times to facilitate communication and interactions with their peers. The activities promote all areas of development that include cognitive skills, language, gross motor, fine motor, social, and adaptive skills. This is a fun therapeutic class in which the goal is to promote appropriate overall skills. Taught by Developmental Therapist Megan Daly, these classes are held on Monday mornings separate classes for one year olds and two year olds.

“Let’s Play” is another social playgroup for children ages 3-5. Also taught by Megan Daly, “Let’s Play” provides children

the opportunity to play together and make some friends. There are hands on play and learning experiences. A variety of materials and play will be introduced that the child can explore. A multi-sensory approach consists of movement, body awareness, role-playing, music, art and sensory exploration. Classes are held on Wednesday afternoons.

We also provide a Social Skills Class. Topics in these classes initiate and maintain friendships, communication and socializing with others. Listening, eye contact, following rules and directions, getting along with others, feeling good about you, respect for others, problem solving, and just having FUN are the hallmarks of this class. Classes are held on Wednesday afternoons for 8-10 year olds and Thursday afternoons for 5-7 year olds. For any additional questions, please contact Krista Stewart at Arlington Pediatric Therapy, @ 847- 255-8690, ext. 120.