



Winter Newsletter

2011-2012
(December-March)

Kids Physio - Quarterly Newsletter 1st Edition

Looking forward to & welcoming...
2012

On behalf of the Kids Physio team, HAPPY NEW YEAR! We trust that your holiday season was full of fun and that you are feeling recharged for the season ahead. We look forward to helping even more babies, children and youth achieve their goals at the clinic. Each member of our team loves to see each client grow, succeed and smile! Looking back on the past year, I am amazed at how far many of you have come and I thank you for continuing to support Kids Physio!

-Laura Patrick, Owner - Kids Physio



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Staff Highlight - Kate Norrish (PT)



Above: Kate and one of our little KP Clients working with a CME technique to promote independent sitting and increased core muscles.

Congratulations Kate! In September 2011, Kate completed her Level II training in CME (Cuevas Medek Exercises). This makes Kate the only physiotherapist in British Columbia currently holding this designation!

Kate has worked at Kids Physio for the past year. Hailing from Waterloo, Ontario, Kate first developed an interest in pediatrics and neurological disorders while working as a Kinesiologist with persons with mental and physical challenges. She ran one to one exercise programs as well as hydrotherapy sessions. She volunteered at Ontario multidisciplinary rehabilitation centre for children and the Special Olympics Healthy Athletes Expo in 2008.

Kate moved to British Columbia in 2009 and prior to joining Kids Physio in early 2011, gained experience working at a private neurological clinic, treating both adults and children with neurological disorders. Kate also has experience working in pediatric rehabilitation settings as well as with amputee and stroke clients. She is also trained in Kinesio taping, soft tissue release, Bobath concepts and vestibular rehabilitation.

Outside of the clinic, Kate enjoys running, hiking and playing field hockey.

****CONGRATULATIONS to NITIN AMBARDAR (PT) who also just completed his Level I CME****



Volunteer of the Season

Congratulations to Esha Singh!

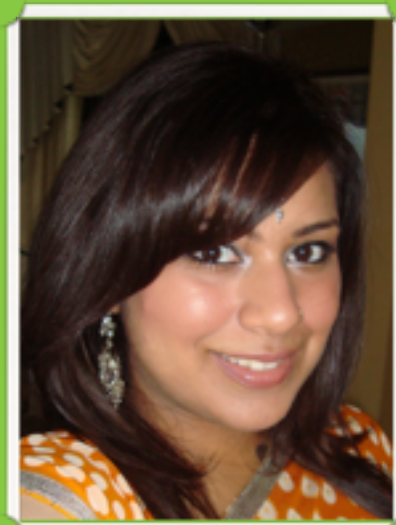
Esha's dedication and attitude have earned her the Kids Physio title "Volunteer of the Season".

Esha has been volunteering at Kids Physio since August 2011. She brought with her a mound of experience working with children. Since 2006, Esha has been teaching classical Indian dance to children between the ages of 4-14.

Esha earned a degree in Kinesiology in 2010 and will be completing her Post-Baccalaureate degree in Psychology in 2012. She is currently applying to Naturopathic and Allopathic Medical Schools.

Esha Singh

"I always come into the clinic excited to hang out and play with the kids and leave with a huge smile. It's extremely rewarding"



Professional Development is an important part of Kids Physio Group. It promotes the ongoing enhancement and maintenance of skills and competencies. Professional development facilitates the ongoing learning of each professional.



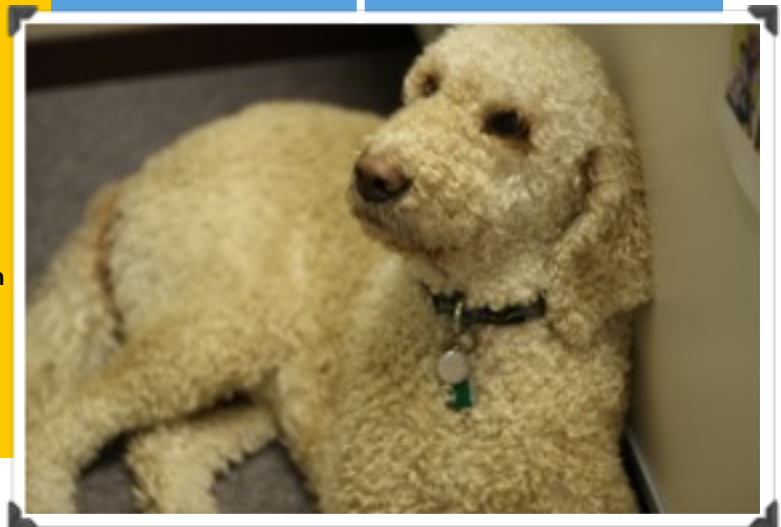
<p>Our staff have participated in a number of professional development workshops and courses. This section is to share some of the beneficial information and how they may impact therapy sessions. If you have any specific questions please ask one of our therapists.</p>	<p>Kids in Pain - Lecture with Dr. Houghton BCCH</p>	<p>iPad Applications - workshop</p>	<p>Myofascial Release Techniques</p>
	<p>Take home points:</p> <p>A. watch out for injuries related to growth plates. When KIDS have pain it's not the same as ADULTS.... a skeletally immature skeleton handles trauma differently than a skeletally mature one (eg: an ankle inversion in an adult causes an ankle sprain, BUT a growth plate fracture for a kid)</p> <p>B. red flags to look for on initial assessment (like the "Little League Shoulder") that require further investigation or a specialist</p>	<p>Provided innovative ways of using technology to create motivating and meaningful opportunities for children with special needs</p> <p>Software applications can facilitate communication and learning as well as keep children motivated and engaged</p> <p>There are hundreds of apps available that families and professionals can use depending on the environment</p> <p>**Do you know a great iPad app? Let us know and we will be sure to share it with other clients.</p>	<p>Fascia is a three dimensional web of connective tissue which runs continuously throughout the body without interruptions</p> <p>Fascial restrictions can be caused in children due to several reasons (birth trauma, inflammatory process, multiple surgeries, poor posture, neurological deficit)</p> <p>Fascial restrictions support body structures but could possibly block further movement ability from developing</p> <p>The purpose of Myofascial release techniques is to release these restrictions or barriers within the deep layers of fascia.</p>

Gallagher's Corner

Gallagher, aka G or GDog, still loves to meet and greet the children and families who walk through the door at Kids Physio Group. You will often find him snoozing on the big crash pillows or helping out with a physio session.

During the Christmas Holidays, G also took some much needed time off at Happy Tails Ranch in Gibsons. Gallagher loved to run around and play with other pups.

<http://www.happytailsranch.com/>



Professional development continued...

Dynamic Core for Kids Course

Focusing on those inner core muscles

The inner core not only provides our spine and body with stability, but it can also help us with many different daily functions. Did you know that strengthening your inner core can help to:

- improve gross motor skills
- improve posture
- improve fine motor skills
- improve sensory integration disorders
- improve constipation

The inner core is a group of four muscles that lie underneath those pretty stomach muscles we may or may not have. In fact, these four muscles (listed below), are responsible for providing central stability to our body.

1. respiratory diaphragm
2. pelvic floor
3. transversus abdominis
4. multifidus

These muscles turn on before any movements made by our body in order to provide postural stability during movement (keep us from falling over when we throw a ball, get out of a chair or recover our balance after being bumped). This inner core activation is dependent on alignment. This means that if our alignment/posture is off, then our core is not functioning properly and is not able to optimally stabilize our body.

By not only strengthening these anticipatory inner core muscles, but the outer core muscles that help to react to movement, children and adults can have a stable base from which to move.

To learn more about the inner core and its role in stability please read Shelley Mannell's blog on "Dynamic Core for Kids" at <http://www.heartspacept.com/> as well as Julie's blog "Dynamic Core in Kids - Case Study 12 year old male" www.interiorfitness.com).

Equipment Feature



Treadmill & Body Weight Support Harness

The Kids Physio clinic has two exciting new additions to our equipment! Along with the expansion came the treadmill and the Body Weight Support System.

The treadmill has been wonderful for quick warm ups, increasing general cardiovascular endurance, as well as allowing the therapists to do a focused gait analysis. Additionally, we have been using the treadmill for other great purposes:

- To increasing coordination by practicing ball skills with various forms of gait;
- To improve motor planning by practicing transitions between dynamic and stationary surfaces;
- To improve lower limb strength by increasing the incline to target the anti-gravity muscles

The Body Weight Support System (BWSS) can be used in conjunction with the treadmill to enable a child with weight-bearing restrictions or compromised balance to get moving! It is a therapist-controlled 3:1 pulley system that attaches to a buckled vest that is adjustable for children of all sizes. With this system, the therapists are able to adjust the weight that the child must support. Since the system's track can either go over the treadmill or across the room, this allows us to help a child practice sitting to standing, going up and down a mini set of stairs, side stepping, backwards stepping and/or stepping over obstacles.





Kids OT Corner

Proper Positioning and Ergonomics

In order for our hands to be able to be steady and strong for printing/drawing, we need to ensure our body is properly supported at a 'just-right' sized table/chair/desk. A child doing their homework at the over-sized kitchen table is at a disadvantage. Follow these tips to make a perfect learning station tailored to your child:

Community Involvement

Vancouver Sun Run - April 15, 2012



Kids Physio Group will be participating in the 2012 Vancouver Sun Run. The Sun Run has supported a variety of good causes and has become a Vancouver tradition.

Ask front desk how you can run with our team!



Small Business BC- Best Community Impact Award

Kids Physio Group was nominated and has made it into the Top 10!! Successful You Awards aims to recognize and celebrate the contributions of BC's best small businesses. Be sure to keep your eyes and ears peeled for any updates!

When sitting adjust the chair height so that your child's knees are level with their hips. If their feet are not resting flat on the floor, use a footrest.

1. Use a solid chair with a backrest to prevent muscle discomfort and fatigue. Try sitting on a wedge cushion to promote anterior pelvic tilt if slouching is an issue.

2. Avoid working in the forward position, or sitting on the edge of the seat without back support. Make sure the chair is pulled up to the desk and the child isn't leaning forward.

3. Maintain the normal "S" shaped curve of the spine. Ensure that your child's ear is in line with their shoulder, chin in. Avoid a "poking chin" posture as this places stress on the neck and shoulders. The computer screen should be within arms length and not too far away.

4. Your child's forearms should be alongside their body, elbows bent at 90 degrees. Wrists are in a straight line and not bent. Support arms with armrests if needed.

5. When on the computer, position the mouse or pointing device as close to the keyboard as possible.

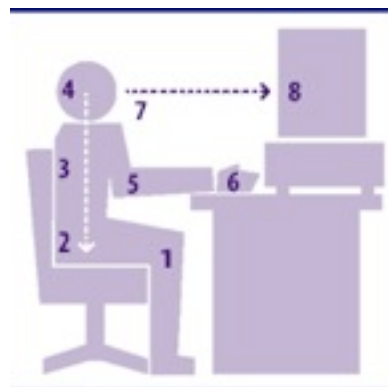
The mouse should be at the same level as the keyboard.

6. Locate the monitor straight in front of you, not off to one side. The top of the monitor screen should be at eye level, this may need to be lowered for kids, so they don't have to look up and strain their neck.

7. If copying text on the computer, use a copyholder to place documents at eye level and near the monitor.

8. Position the computer with the window to your side to control light levels and glare. Avoid working in a room with fluorescent lighting or a ceiling fan below the lights.

<http://www.caot.ca/default.asp?pageID=3690>





Kids Physio Group provides private physiotherapy treatment to babies, children and teens in Metro Vancouver.

Our Baby Milestones Program aims to ensure that your child's gross motor development is closely followed throughout their first year and a half.

Monthly check-ups will:

Our physiotherapists are keen to share their specific knowledge of:

- Infant positioning and handling
- Fundamental movement patterns
- Gross motor skill achievement & appropriate milestone achievement dates
- Provide fun and purposeful play ideas that are suitable to your child's stage of development
- Help to prevent common infant development conditions such as plagiocephaly and torticollis
- Keep you, the parent, in tune with your child as they grow



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Family Focus

Oliver is a happy, thoughtful, energetic, confident and endearing 5 year old, who, last summer was diagnosed with Charcot Marie Tooth disease type 1A. This slowly progressing disease causes Oliver to have significant difficulties with his fine and gross motor skills as a result of an underlying peripheral neuropathy, presenting with low tone, weakness, hyper extensibility, decreased stamina, and excess fatigue. We were told by his orthopedic surgeon and his neurologist that Oliver would benefit from physiotherapy. Because of my own experience with physio in the past, I agonized over the discomfort that physio would cause our son and also financial strain it would put on our struggling family. With all of his other medical needs, it seemed too much.

But so much of our family's stress was alleviated with our first visit to Kids Physio. I was so relieved when we walked through the door, and immediately felt welcomed into this visually stimulating, kid oriented, fun, organized and delightful environment. Oliver, right away, felt excited to get moving! His physiotherapist, Laura was clearly gifted with child communication skills, and engaged him in such a way, where he was getting a work out, (body and mind!) and having a wonderful time, all the while she watched his every move and did a complete physical assessment. Right off the bat, Laura understood Oliver better than any other professional we had seen in the years leading up to his diagnosis. She was open, honest and direct with me about what his disease was doing to his little muscles and what she thought she could do to help. It sounds so simple, but as a mother, the idea of someone actually being able to do something to help him was such a tremendous gift during a time where our whole family had felt so helpless.

Since our first visit, the plan has been carried out by continuous support from the front desk staff; to help find funding and to accommodate our hectic schedules for his weekly visits (Thank you Jacquie!). Each visit is so fun for Oliver and with something new each week we all look forward to coming! Between my husband, my sister and my mother, we almost argue for who gets to bring him to his next appointment. It truly gives us all so much joy to see him having such a great time, but also for the hope it gives to us for stronger days ahead!

~Jennifer (Oliver's mom)

Baby Milestones Program

Do you know any new parents who would be interested in learning about fundamental gross motor skills?



Developed to help new parents, the Baby Milestones Program provides ideas to promote development and to prevent common infant conditions. Our PTs provide one-on-one sessions for babies and parents throughout the first year and a half.

Often, your medical benefits extend to your children...right from birth! Call today to book an appointment.



Oliver



Yoga Dance - Winter Session

Billie Murphy is BACK for another block of yoga dance classes! Groove, stretch, pose and boogie along with her.

Fridays - beginnings January 20th

2:30pm 3-5yrs

4:00pm 6yrs+

10 weeks \$120 or \$15 drop in (+HST)



Vancouver District Closure and Spring Break

Don't forget to book your extra sessions for your gross or fine motor boost!

February 3, 2012

February 6, 2012

March 12-23, 2012

Ask for more details about our upcoming Occupational Therapy groups!

- printing/fine motor
- food/cooking
- relaxation

Staff Directory

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