

MINOR Matters

The Official Newsletter of MINOR Improvements PT



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Karen M. Dake, PT

Shaun P. Evans, MPT

Our First Patient

MINOR Improvements PT saw their very first patient on October 3, 2002. Thanks Gabrielle, we're glad to have you back!



Lite Gait

Much of this month's newsletter will be dedicated to our newest and most fabulous toy...our Lite Gait.

Lite Gait is the name of our new body weight support system which allows individuals to walk on a treadmill with their weight supported from above. In addition to helping our patients to walk, the device assists in correcting posture, and improving balance and coordination.

Lite Gait Body Weight Supported Treadmill Training (BWSTT)

makes use of a suspension system to provide proper upright posture and allows for enhanced balance and safety during walking. A harness around the child's hips allows for a specific amount of weight to be distributed on each leg if needed, with no potential for falling.

Coordination can be assisted by therapists placing the feet and helping the child to shift their weight properly. The treadmill below the child's feet allows for a slow, constant and comfortable rhythm of movement. As movement patterns develop or improve the amount of postural support and weight support can be decreased and the treadmill speed can be increased.

This type of weight supported training has been applied to children with a wide range of walking disorders. Research has demonstrated that with

consistent BWSTT improvements could be found in endurance, walking pattern, walking speed, balance, posture, and strength.



Go Lauren Go!

Lite Gait Training

On November 13th Minor Improvements PT had a 4 hour training session on the use of our new Lite Gait system. Phil Koch, a pediatric therapist from Long Island with 4 years experience in working with Lite Gait provided us with some useful tips on how to maximize our therapy sessions.

We would like to offer a special thank you to the children who helped to make this training possible: Gabby, Lauren, Ben, and Michael thanks for all of your help!

Continuing Education

In addition to our Lite Gait training session at Minor Improvements, we also did some traveling this month to conferences in Long Island and New York City.

The conference in Long Island was sponsored by the NY Physical Therapy Association. We attended a two day course regarding the assessment and treatment of "the clumsy child". The course was presented by Barbara Connolly, the president of the Pediatric Section of the American Physical Therapy Association (APTA), and provided us with some useful movement and sensory assessment tools.

The conference we attended in New York City was provided by Hampton CARES, which revolves around the provision of services for children including special education, occupational therapy, speech therapy, and physical therapy.

Between the two of us we attended seven separate courses

addressing many areas of pediatric rehabilitation including: therapeutic taping techniques, visual sensory integration, alternative and complementary therapy techniques, rib cage and respiratory management, craniosacral therapy, and an additional conference regarding body weight supported treadmill training.

We were able to establish several contact people, gained some insight into alternative therapy practices, and even brought home some new toys ☺.

Building Updates

At the November 6th Saratoga Springs Planning Board meeting we gained site plan approval for our new property at 270 West Circular Street. On November 20th we received approval for the demolition of the existing building, and the green light for the design of our new building. We are moving in the right direction!!! ☺

Contact Us

Thanks to the many families who have stopped

in to see our temporary place. We are starting to get a little busier but we welcome anyone who would like to stop in and say hello. (Remember, we are at the Stewart's Plaza, 2526 Route 9 N).

You can send us mail at:

Minor Improvements PT
PO Box 3402
Saratoga Springs, NY 12866

We love to get mail ☺

E-mail us at:
minorimprovementspt@hotmail.com

Or call us at:
893-0389
Our website is under construction, too. Find us at:
www.minorimprovementspt.com

Happy Thanksgiving

We at MINOR Improvements PT have so much to be thankful for this Thanksgiving. We would like to wish you all a safe and happy holiday!

