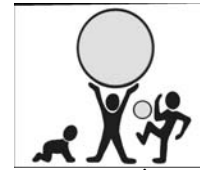


# MINOR Matters

The Official Newsletter of MINOR Improvements PT



May 2003

Shaun P. Evans, MPT

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Karen M. Dake, PT

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## Pool Update!!!



Shaun enjoys the pool on delivery day...aaaah feel those jets

The long awaited day has finally arrived. The pool was delivered from Galaxy Pools in Texas on Wednesday April 30th, 2003. It was so cool! We needed a police escort to meet the truck at exit 13 and drive it to the construction site. Once on site it was lowered into place by a huge crane. It had to be lifted twice because it was off by 1/4" then 1/8" then it was perfect! The pool was covered to protect from the construction of the building around it. However we opened it back up on May 15, 2003 so that we could fill it with water. We don't seem too anxious do we?

## Construction Update

Construction is progressing steadily. We visit the site regularly to take photos as our building takes shape. The foundation has been completed, and the framing is about to begin. The walls will be going up soon, and it will really start to look like a building. We are counting down to August when we hope to be practicing out of our spacious new facility and therapeutic pool.

## Happy Birthday

Happy May Birthday to:

Aidan, David and Karen!

## Welcome

We would like to extend a warm welcome to David, Jimmy, Melinda, and Sarah, the newest members of our MINOR Improvements family. We look forward to working with you. We currently have reached the milestone of 20 different patients on our weekly schedule! Hooray! We're getting pretty busy around here!



David says "hello" in his new MINOR Improvements T-shirt

## Pediatric PT 101

We taught our final Introduction to Pediatric Physical Therapy class of the semester at Franklin Pierce College in Concord NH on May 2. The topics of discussion were orthopedic injuries in children, treatment techniques for children with spinal cord injuries, and the use of assistive devices in a pediatric setting. We had a great semester and are glad to be a part of helping to develop the Physical

Therapy program at Franklin Pierce College. We look forward to the opportunity to continue to serve there as adjunct faculty members next year.

## Continuing Education

So, what is NDT anyway?

We've been so encouraged by our families' interest in NDT. It stands for Neuro Developmental Treatment and was developed back in the 1940s by a husband and wife team. Berta Bobath was a physical therapist and her husband, Karl was a physician. Together, they developed an approach to neuromuscular disorders that had never been considered before and demonstrated impressive results. Since their deaths in the 1980s, NDT Physical Therapists have been working on the "new NDT" that incorporates more current theories of motor control, motor development and motor learning. Current NDT leads to more functional changes in motor performance.

NDT is a problem solving approach to evaluation and treatment of adults and children with damage to the central nervous system due to things like brain injury, stroke or Cerebral Palsy. The newer approach recognizes the individual as a whole and acknowledges that every expression of the person contributes to their level of function. Each person's individual strengths and preferences are incorporated into treatment sessions that are more meaningful and productive. NDT uses specific handling techniques to guide the individual to participate actively in

a movement to the best of his/her ability. Through active participation the child makes the movement his/her own and will be able to build skills on top and layer to higher levels of function.

In the same way that development of motor skills in typically developing children follows a predictable pattern, development of motor skills in children with Cerebral Palsy (CP) follows a predictable pattern, too. They just don't have as many options for movement as the typically developing children. The goal is to assist children with CP to develop more functional movement strategies early on so that muscular imbalances that lead to deformity and disability may be minimized.

On May 9-10, Shaun attended the introductory course of pediatric neuro-developmental treatment (NDT) approaches. The intensive 2-day, 18 hour, course focused on the developments of NDT over the years, and and gave participants the opportunity to practice many techniques and skills. Demonstrations of treatments on children were incorporated into the class so that participants could view first hand the goals a child could achieve within a single treatment session. Shaun looks forward to using some the techniques he learned while continuing to learn more from Karen as she continues her work toward NDT certification.

### **New Equipment**

In response to our recent influx of patients with ankle, foot, and knee injuries, we have purchased our two newest pieces of

equipment. We first purchased a stationary bike, followed soon after by an adjustable incline board for stretching calves and hamstrings. We also recently purchased a biomechanical ankle platform system (BAPS) board and Fitter/ski machine for more challenging lower extremity rehabilitation. The place is getting crowded. Good thing we have that new building going up.

### **Shaun's Boston Marathon Finish**

HE MADE IT! On a hot a windy day, Shaun, wearing his new MINOR Improvements Jersey, finished the Boston Marathon in a time of 3 hours and 2 minutes in 700th place out of roughly 20,000 runners. He was third out of all the runners in the Capital Region, and first among runners from Saratoga County! He returned to the clinic two days after the race where Karen nursed him back into shape. He will compete again after his 5 week break (!?!). Memorial Day weekend in the Buffalo Marathon. Good luck! (What, is he nuts??)

### **Lauren's Laps**

Congratulations to Lauren, who recently took her first independent steps with her recipricating gait orthosis and forearm crutches. We were all very excited (and a little bit nervous) when she asked us to go "far, far away" so that she could do it by herself. She has been making laps around the MINOR Improvements clinic ever since. Great job Lauren!



Lauren makes sure she is walking the line as she maneuvers through MINOR Improvements

### **Website**

We're in the process of updating our website (freshening it up a bit). A lot has happened in the 8 months since we opened our Greenfield office. We'll likely add a photo gallery so everyone gets a chance to be on the internet! Please e-mail any suggestions for features you'd like to see added or changed. We're not web masters after all and we value your opinion. Send us your ideas at [www.info@minorimprovementspt.com](mailto:www.info@minorimprovementspt.com)

### **Happy Memorial Day!**

The office will be closed Monday, May 26<sup>th</sup>.

Call if you'd like to reschedule your appointment (893-0389)

Check out more photos by visiting the online version of this newsletter @ [www.minorimprovementspt.com](http://www.minorimprovementspt.com)

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