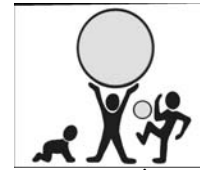


MINOR Matters

The Official Newsletter of MINOR Improvements PT



August 2003

Shaun P. Evans, MPT

Volume 2 Issue #8

Karen M. Dake, PT

Happy Birthday



Happy August birthdays to Caitlin and Jennifer, Lauren and Griffin



Caitlin is caste for new AFO's...one of her B-day presents

Welcome

We extend a warm MINOR Improvements PT welcome to our new patients this month, William, Ashley, and Cameron.



Cameron takes a ride at MINOR Improvements PT

Construction Update

All is well as construction nears completion at our new site. August has been a busy month for our crew. The exterior of the building is nearly complete as the finishing touches are being applied to the interior. Flooring is being installed, walls are being painted, and the tile is up in the pool room. The salt water fish tank and furniture for the waiting room is ordered, and soon to be delivered. We also have sidewalks, and our very own parking lot complete with seventeen striped parking spaces (4 of which are handicap accessible). All that's missing is us...and we will be there soon. We have the countdown posted at our current facility to opening day at the all new MINOR Improvements PT. We will see our last patient in Greenfield on Friday August 29th, move Labor Day weekend, and begin treating patients in Saratoga on Tuesday, September 2nd!



The all new MINOR Improvements PT gets some finishing touches

New Numbers/Contact Info

As we move we will have new telephone and fax numbers which will be in operation the first week of September.

The new phone number is **583-3196** and the new fax number is **583-4157** The official address is:

MINOR Improvements PT
270 West Circular Street
Saratoga Springs, NY 12866

Our letterhead, business cards, prescription pads, envelopes, etc. are being printed complete in MINOR Improvements PT orange, green, and purple.

Karen's NDT Conference Update

I'm back! What a great conference! I was able to work with several of the same children I worked with in March and was pleased to see some "MAJOR improvements". I was ready for a big snooze as we covered Neuroscience, but was pleasantly surprised! Shirley Stockmeyer is one of Shaun's former instructors and a big name in the PT field. She did a great job tying a (literally) brainy subject to the things we do every day. I feel like I can understand the underlying causes of neurological disorders better than ever. This is helpful when you try to figure out why something isn't quite working. We also worked with Loren Aribaldi, a Speech Language Pathologist who helped us with techniques for improving respiration and voice production. After March's training for stability and balance it was fun to get into gait (walking). Since this tends to be the number one concern when a parent brings a child in for physical therapy, a lot of light bulbs were popping over my head with this one. I'm trying to imagine what else there is to learn. My brain is pretty full. In

October (my last section to receive my NDT certification) we'll cover feeding and swallowing, bracing and splinting, adaptive equipment and home programming. Can't wait! Thanks to Shaun for cheerfully holding down the fort while I was away.

Open House

The moment you have all been waiting for...A family fun day/open house is scheduled for Saturday September 20th from 12-5pm (no hard hats needed this time). There will be tours of the new facility and lots of food, prizes, and fun. Current, former and future patients, friends, families and the curious are all welcome. We're pretty proud of our new space. Can't wait to see you all there!

Scheduling

It's filling up! As you would expect, the after school times are going fast. Please try to plan your child's therapy time at a time where they will get the most benefit. If you select a time that really works for your family, it's much less likely that you'll have to cancel, be late or be totally frazzled when you arrive. Things to consider:

- If you're new to MINOR Improvements PT, you should know that there are "regularly scheduled patients". These children often have very full therapy schedules (OT, Speech, Special Ed, Nutrition...) and have selected the most advantageous times in their week for PT. They come at the same time every week and other children are scheduled around them.

- If you can possibly schedule your child's appointment before 2:00 PM please do. There are many children with full-day school schedules who can only come when school's out. We try to prioritize late-day appointments for families with no other choice.
- Don't forget early morning appointments. **We** may be exhausted at 7:00 AM, but this may be a great time for your child and a good way to start their day
- Please be sure to notify us as soon as you know that an appointment will be missed. This allows us to give someone else your slot for that week.
- We will do our best to reschedule any missed appointments.
- Plan to arrive about 5 minutes before your child's scheduled appointment. This allows for changing and transition time that can make a big difference in how your child responds to therapy.
- We have planned to schedule most children for 45 minute blocks. This will allow us extra time to document the treatment, discuss any issues with you, change clothes from pool to land or even use the bathroom!
- We will likely use the first and last 5 minutes of the treatment session for discussion, but your child will benefit from being ready at the scheduled time (braces on or off, bathing suit, etc.)
- The new facility has been designed with observation areas. Anyone who knows Karen knows her position

on how a treatment proceeds when a child can see their parent! And any parent who had to sit through 30 minutes of aquatic PT in 88 degrees and humidity will appreciate this, too.

- Siblings are a wonderful asset in a child's life. In therapy, they can be very distracting to the child, parent and therapist. We've tried to design a beautiful waiting room for them to be entertained. Please understand that this is a medical facility and what looks like toys to the average child is therapy equipment. We keep the equipment clean to preserve the health of our patients and will try to cycle toys through the waiting room and therapy areas for variety.
- A few pool groups will take place each week. These are therapeutic aquatic groups, but not individual PT sessions. We have had great success with this in the past and find that the water "levels the playing field" for many children with different abilities. Call to see if your child might be a candidate for one of these groups.
- Most of all we ask you to be patient with us as we work out the inevitable glitches! Thanks.

That's all for this month! Enjoy the rest of your summer and Back To School! See you next month at **270 West Circular Street!**



