

# MINOR Matters

The Official Newsletter of MINOR Improvements PT  
End of the Year 2006



Karen M Dake, PT, PCS

## Happy New Year!

We hope everyone enjoyed a safe and happy holiday season with family and friends.

## We're Back!!

After an extremely long absence, (has it really been a whole year???) one of my New Year's Resolutions is to keep in touch with family and friends. I've heard from many of you that you miss keeping up on all of the happenings here at MINOR Improvements PT so I'll try to get everyone up to speed. I hope the monthly newsletter will be back, too. What a year it's been!

In January we welcomed Cynthia and Pete's new baby boy, Kellen. He's beautiful and Aubrey is enjoying the new role of big sister at the Dean house. Fortunately, Cynthia couldn't stay away too long and we had her back in February.

February and March brought sad news as we lost two of our Little Angels, Devon and Ryan. We're so grateful for the trust their families placed in us and the gift they gave of these two little lives. We miss them and know that they'll always be in our hearts.

Shaun left suddenly at the end of March and we were fortunate

to add two awesome PTs. Dana started in April and brings lots of experience with children aged birth to five.



Dana with Shelby

Cindy is a welcome addition as another orthopedic expert as we continue to add more and more young athletes to our schedules.



Cassie and Cindy

The MINOR Improvements PT family continues to grow faster than we can keep up! We're about to welcome our 450<sup>th</sup> patient since opening in 2002 and we currently have more than 10 on our waiting list! The word is out and families who want the best for their child are willing to

wait. Fortunately, it looks like we'll be adding a new PT in January, so everyone should get in and I should be able to take that vacation in February after all!

## Open House

Our Fourth Annual Open House was the biggest yet! I'm not sure how we manage to get so lucky every year but the weather was perfect and we saw more visitors than ever before!

The tile painting was a big hit again and we ended up with nearly 60 new tiles for the wall. We're out of the waiting room and heading down the hall now. Thanks to all the children who graciously "donated" their magnificent art to our facility!



The raffle is always a big draw too and Lucky Lindsie was the winner of the Bumper Car (sorry Max and Daniel)! We liked it so much we kept one for ourselves! This was our first year with Melody the clown and there were

## MINOR Matters End of the Year 2006

many happy painted faces around at all times.

We also welcomed Susan Koppi, the Executive Director of The Colburn National Foundation, who set up a booth and had the opportunity to meet some of the equipment grant recipients. More on Colburn in future issues.

### Career Opportunities



There seems to be a revolving door on our evening receptionist position! After finding the perfect person, Danielle had to leave to spend more time at home with her daughters, Emma and Skylar. We miss her! Ben worked the desk over the summer and Charlie continues to bail us out in times of need. If you know someone who is honest, organized and friendly, give them our number and tell them what a great place this is!

### PT Direct Access

After nearly 25 years of hard work, and thanks to the support of Senator Joseph Bruno, New York State has finally adopted the Direct Access bill that will allow individuals to receive a limited number of Physical Therapy visits without a referral

from their physician. The law states that a patient may receive 10 PT visits or 30 days of therapy before requiring a prescription from their doctor. At MINOR Improvements PT, we will continue to work in partnership with your child's other health care providers, but you may be able to start therapy sooner than you can get in to see your primary care physician. Also, be advised, your insurance company may still require the prescription in order to reimburse for services. Check with your particular health care plan or find more information on PT direct access online at: [www.nypta.org](http://www.nypta.org)

### Credit Cards

Starting in January, we will be accepting payment by credit card. Each child will have a card on file for payments that are not paid at the time of their PT session. This should cut down on the multi-tasking needed when busy families bring their children in and will also make it easier to track medical expense payments.

### "Swim Therapy"

We receive lots of calls from parents looking for "swim therapy" for their children. In the past, the community has offered swimming programs for children with disabilities. These programs are beneficial for building strength, endurance, teamwork and socialization skills. Ask the children who receive their PT services at MINOR

Improvements PT and they'll tell you that there's not much swimming. Sure, we use some swimming activities to build muscles, increase range of motion and improve coordination. But since ours is a medical practice we have specific goals for the children who work out in the pool. Their exercise is performed under the direct 1:1 supervision of trained Pediatric Physical Therapists. Like a treadmill or weight machine, our pool is a piece of equipment that any therapist can use to provide specific challenges to her patient to assist in meeting goals for their improved functional performance. "Land" based work and home exercise programming is always a part of our patients' Physical Therapy regimen at MINOR Improvements PT. It's hard work that's sometimes "boring" and sometimes fun!

If your child has a disability, check out Special Olympics. They have a great local swim program at Skidmore College.

For an excellent adapted winter sports program, check out [www.doublehranch.org](http://www.doublehranch.org).

If your child would prefer skating, call Saratoga Gliding Stars (formerly SABAH) at 441-0528

*Well, that's the latest here at MIPT. Keep checking in and we'll let you know what we have in store for 2007!*

*Love, Karen*

Visit us at: [www.minorimprovementspt.com](http://www.minorimprovementspt.com)

Phone: 518-583-3196

Fax: 518-583-4157

E-mail: [info@minorimprovementspt.com](mailto:info@minorimprovementspt.com)