

The Primary Therapy Source

Physical • Occupational
& Speech Therapy
News & Information
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PRIMARY THERAPY SOURCE

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Healthy Lifestyle Choices

PreTeens & Teens On Target began a new session January 6 with 15 members ranging from 8-15 years of age. Most are newcomers to the group whose primary focus is to promote healthy lifestyle choices. The group meets twice a week over a 12-week period. Classes implement physical activities, behavior strategies, goal setting, education, peer support and family involvement. Healthy eating choices is the newest component introduced this session. Local dietician Heather Shaw joins the group twice a month to discuss eating habits and strategies. Members use logs to track their activities and progress toward personal goals; they receive points each session toward prizes.

In the first weeks of class participants are showing improved endurance and activity tolerance, reports physical therapist, Teresa Prine. Physical activities emphasize fitness and correct methods of exercise. Elements include cardiovascular exercise on treadmills, stationary bicycles and running outside. Dynamic stretching is followed by varied activities ranging from sit-ups and push-ups to circuit training, theraband resistance or free weights. Sessions end with static stretching. Members exercise in a comfortable, supportive environment. Peer interaction is a visible benefit and motivator, adds Teresa. Making a lifestyle change holds many challenges, not only for the teens but often their parents and other family members too. Success comes one step at a time; yet the rewards are well worth the effort.

Classes meet from 4-5 pm on Tuesdays & Thursdays. The current session goes through March 26. Teens on Target continues throughout the year, running in 12-week segments. Newcomers are welcome at any time.

“More kids will die today from bad eating habits than they will from tobacco, drugs and alcohol,” says Dr. Mehmet Oz, cardiac surgeon, best-selling author, and health expert on both *The Oprah Winfrey Show* and *Oprah & Friends Radio*. **“Diets of many teens are severely lacking and so are their exercise habits.”**

Alarmed by what he considers an obesity epidemic (1 in 6 kids in America is overweight), Dr. Oz hosted the TV show “Obese Families In Crisis: The Intervention” which aired on the Oprah Winfrey Show in January 2009. It addressed key factors that are leading America’s kids to be overweight and highlighted the subsequent dangers to their health, some of which can be potentially lethal. To reverse this shocking trend, Oz calls for a pro-active health movement to educate and empower our country’s youth, families and communities to take personal responsibility for their health.

The show can be viewed online at www.oprah.com. Choose the tab labeled “Health” then select “Weightloss” where you will find the link to Dr. Oz’s segments along with additional resources for helping youth who struggle with weight.

Other Resources: www.challengeday.org ♥ www.kidshealth.org ♥ www.healthcorps.net ♥ www.cdc.org

“*Eat This, Not That For Kids*” article by editor-in-chief David Zinczenko, Men’s Health, www.menshealth.com/eatthis/kids
“*Real Food for Healthy Kids*.” Dr Oz discusses the book by two mothers/authors who write extensively on health & healthy eating. www.oprah.com → Radio Link → Dr. Mehmet Oz Link → Past Shows → 2008 Archive → 12/16/2008

Dr. Mehmet Oz serves as vice-chair & professor of surgery at Columbia University and also directs the Cardiovascular Institute & Complementary Medicine Program at New York-Presbyterian Hospital. He has authored over 400 original publications, including medical books. Five years ago Oz founded HealthCorps, an organization that seeks to fight child obesity through school-based mentoring and education.

Learning and Sharing with Books

By Kerry Bowman
PT&S Speech-Language Pathologist

Reading together is the number one activity you can do with your child to build language skills. Children learn to speak by hearing speech. Their young brains are laying the foundations for language development long before they begin to speak. Start reading and sharing books with your children from birth.

Reading books together provides opportunities to practice listening, pointing, labeling, describing, building vocabulary, and learning narrative sequences. These are important skills for children to learn to become good communicators and eventually, great readers!



★ **Point out & introduce to your child the world of two-dimensional pictures.**

Talk about the bold illustrations with enthusiasm. These pictures are harder for babies to make sense of than three-dimensional items such as sneakers, teddy bears, or toy cars that are already familiar to your child.

★ **Take time to read in a relaxed, quiet place where you can snuggle together.**

Be interested and enthusiastic as your baby points to pictures that are becoming familiar from many readings of the same book. Some toddlers can tell you their favorite books after many attention holding readings. Some love to read several books in the same series, such as the Corduroy stories.

★ **Enhance the stories with your own words.**

Some stories are too hard for a young child. Simplify the story line! If a book seems too easy for toddlers, add in special details that you create. Regular reading helps your child associate book reading with personal pleasure in your company.

★ **For a young baby, choose small floatable plastic books that are fun to read while your baby enjoys bath time.**

Use a singsong voice to read poems and stories that rhyme and have repeating words. When out and about, if you see something that reminds you of a book you have shared, tell your child about it.

★ **Choose books for your toddler that encourage learning to share and getting along with others.**

Emphasize that the two friends in a story are taking turns, even when the author does not write those words. Many books emphasize friendly, helpful gestures and the benefits of sharing.

Throughout 2009, Primary Therapy Source will be a clinical affiliation site for 7 students who are currently in Doctor of Physical Therapy Graduate Programs at Idaho State University in Pocatello & Northwestern University in Chicago. These students have chosen our facility as a pediatric learning site to fulfill their training to become physical therapists.



It's Our Pleasure to Introduce...

Jamie Benjamin, PTA, completed the Associate of Science, Physical Therapist Assistant program at Idaho State University in 2005. Her clinical background includes outpatient, inpatient and long term care, geriatrics and home health.

She has attended professional development workshops in Manual Therapy for the PTA, Therapeutic Approaches to Dementia, Spasticity Management: Focus on Rehab, and the Acute Rehab Specialty Course. In March, she travels to Las Vegas to participate in "The Young Child With Special Needs" conference.

Jamie is a member of the Idaho Physical Therapy Association & the American Physical Therapy Association. Raised in Hansen, she currently resides in Kimberly with her husband, Jason, and their three children.

Professional Development

Ivan M Hardcastle, OTR/L

Comprehensive Program in Sensory Integration Certification

Ivan received this internationally-recognized certification after completing all four courses offered through University of Southern California/Western Psychological Services during 2008.

Course 3, "From Interpretation to Intervention," analyzed the Sensory Integration & Praxis Test in-depth and provided training to enhance understanding of children's sensory disabilities. (Oct 2008)

Course 4, "Sensory Integration Intervention," addressed specific treatment techniques to apply in the clinic setting to aid clients. (Nov 2008) Both courses required Ivan to present and discuss case studies on two children from the Magic Valley, detailing each child's difficulties and treatment solutions.

"I am already seeing notable improvements with several clients that are a direct result of the insights and techniques I acquired through the specialized training this program offers," he states.

Mandy Lee, OTR/L

"Best Practice Interventions for Sensory Processing Disorder" (Sept 2008)

Reviewed the development of sensory processing, covered ways to differentiate sensory processing challenges from behavioral challenges and presented research-based interventions to use when working with sensory processing challenges. Medical Educational, SVC Inc: Professional Development Network

Celebrating National Physical Therapy Month — October 2008



The Idaho Physical Therapy Association fall meeting was held in Boise in October. **Jan Yingst, MPT, PCS** conducted her final meeting as IPTA President, completing a two-year term. She continues on the Board of Directors.

Tracy Kampbell, Idaho Falls, was named the IPTA Student of the Year, and earned this coveted award based on her excellence in clinical performance. Tracy completed a clinical affiliation at Primary Therapy Source last spring.



Alex Urfer, PT, PhD received IPTA's J. Perry Silver Award — a lifetime achievement award presented annually to honor an eligible physical therapist who has over 15 years experience, has provided significant service to the physical therapy profession, and who offers continuous service to the Idaho Physical Therapy Association. Dr. Urfer chairs the Physical & Occupational Therapy Department at Idaho State University. He has served on the IPTA Board of Directors for 14 years.



ASSISTING WITH BUDDY WALK

Physical therapists from Twin Falls and Boise celebrated National Physical Therapy Month by joining with the National Down Syndrome Association in Boise for a Buddy Walk. The purpose of the event was to raise awareness of the abilities of persons with Down Syndrome and to encourage families and friends to gather in support. Attendees could also sign up to volunteer for the World Special Olympics hosted by Idaho during February 2009. The Idaho Physical Therapy Association provided information about pediatric physical therapy for persons with Down Syndrome at the event.

Kids Fun Run 2008



Perrine Bridge Festival



PTS' 3rd Annual **Kids Fun Run**, Sept. 6, drew over 300 participants, from tots and teens to parents and other interested adults. Every child received a prize, compliments of the Dean Hegewald Family. The 2008 Perrine Bridge Festival brought in nearly \$51,000 with proceeds benefitting the St Luke's Magic Valley Health Fund, targeted for children with special medical needs.



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New to Our Office Team



Goldie Morrow, has worked in the medical field 8 years, including experience as a pharmacy technician.

She and husband Jason have two daughters, ages 5 and 3. They moved to Twin Falls from Tampa, Florida in 2005. The Morrow's enjoy "fun" time together outdoors.

Rondi Johnson, brings a 20 year background in medical settings to PTS.

She & husband Paul, married 33 years, are longtime area residents. They have one daughter, Kylie, age 23.

Rondi's hobby is training and showing horses. Trail riding is a favorite family pastime.

