



Treating you to a better life.



Summer Programs.....1
 National Occupational Therapy
 Month1
 Body Weight Supported Treadmill
 Training2
 Staff Spotlight..... 3
 Kids Art Day.....3
 Testimonial.....4
 Ride em, Run em, Race em.....4
 Website Update.....4



Jan Yingst, MPT, PCS
 Teresa Prine, MSPT, PCS
 Jackie Dux-Price, DPT
 Jon Gardunia, DPT
 Monlo Beck, DPT
 Trisha Howard, DPT
 Craig Cahan, DPT
 Linsey Trout, DPT
 Jamie Benjamin, PTA
 Ivan Hardcastle, OTR/L
 Mandy Lee, OTR/L
 Lori Wheelwright, OTR/L
 Tara Parsons, COTA/L
 Jennifer Claire, COTA/L
 Joel Vinson, OTR
 Kerry Bowman, MS, CCC-SLP
 Tara Toone, MS, CCC-SLP
 Angela Clegg, MS, CCC-SLP
 Melanie Balls, MS, CF, SLP

254 River Vista Place
 Twin Falls, ID 83301
 Ph: 734-7333
 Fax: 734-8350

www.primarytherapysource.com

NEWS & INFORMATION SPRING 2011

The qualified staff at Primary Therapy Source provides numerous summer programs for patients. These programs include the following:

- Aquatic Therapy for Adults and Children
- Hippotherapy
 Promotes the use of the movement of the horse as a treatment strategy of Occupational, Physical and Speech Therapy
- Teens on Target
 Fitness, Exercise and Nutrition class for Teenagers
- SPOTS group
 Social Participation group for Occupational Therapy and Speech
- Developmental Preschool
 Physical, Occupational and Speech therapy in a preschool group
- Speed, Agility & Quickness Training

*Get Ready to Enroll in
 Primary Therapy Source
 SUMMER PROGRAMS!!*



Celebrate National Occupational Therapy Month

We will be highlighting our Occupational Therapy Staff on the bulletin board as follows:
 Ivan Hardcastle, OTR/L and Lori Wheelwright, OTR/L week of April 11th
 Mandy Lee, OTR/L and Tara Parsons, COTA/L week of April 18th
 Jennifer Claire, COTA/L and Joel Vinson week of April 25th

The Occupational Therapy Staff will be providing information and handouts from ChildSafe on carseats for children with special needs throughout the month of April.

*Free Community Education Night
 April 15th at 7pm
 ‘Understanding Sensory Integration’*



Thank you to all of our fabulous Occupational Therapy Staff!!

Getting the Word Out To Parents About Speech, Language, and Hearing Problems

Although more than 5 million children in the United States have a speech, language, and hearing disorder, parents are often uninformed and unsure about what to do when they suspect their child. This May, and every May since 1927, the American Speech-Language-Hearing Association (ASHA) has used the May is Better Hearing and Speech Month (BSHM) celebration to provide parents with information about communication disorders to help ensure that these disorders do not seriously affect their children's ability to learn, socialize with others and be successful in school.

Speech and language problems can occur at any time in a child's life. They can be caused by accidental injury, illness, or inherited by birth. Child speech and language problems include:

- Stuttering
- Articulation problems ("wabbit" instead of "rabbit")
- Language disorders such as the slow development of vocabulary, concepts, and grammar
- Voice disorders (nasal, breathy, or hoarse voice and speech that is too high or too low)

Parents who suspect their child has a communication disorder should see an ASHA-certified speech-language pathologist. These professionals identify, assess, and treat speech and language problems including swallowing disorders. Speech-language pathologists work in schools, private practice, hospitals, clinics, rehabilitation centers, health departments, research laboratories, and other health education settings.

"Fortunately, most children with speech, language and hearing problems can be helped," according to Catherine Gottfred, PhD, speech-language pathologist and ASHA president. "Even if the problem cannot be eliminated, we can teach the child strategies to help them cope with their communication disorders, or provide them with the appropriate technology. By promoting Better Hearing and Speech Month, we hope parents will learn about communication disorders, what they can do to help their children, and how speech-language pathologists and audiologists can help with their child's communication



disorders."

Body Weight Supported Treadmill Training

Here at Primary Therapy Source we have many tools available for us. One that we are particularly excited about is our body-weight supported treadmill training (BWSTT) system. The way it works is our patients are able to work on walking while their body-weight is reduced.

The bulk of the research regarding BWSTT has been performed on patients with neurological disorders such as spinal cord injuries (SCI) and strokes. In these populations we are focusing on neurological recovery and adaptation. We often refer to this as neuroplasticity or "learning" where the nervous system adapts and remodels to regain neurological function. Other benefits include: reversal of osteoporosis, increased muscle mass, improved cardiovascular endurance, and changes in sensory and motor function. We are able to work on gait speed, dynamics, endurance, and progressive weight-bearing tolerance.

The system is also easily adapted for:

- Orthopedics
- Spinal cord injuries
- Strokes
- Vestibular or balance problems
- Amputees
- Other neurological disorders including cerebral palsy and traumatic head injuries
- Obesity training

Our system is customized for the needs of our patients and includes a harness, which is designed for patient comfort, that is connected to a track system in the ceiling. We are capable of gait training on a treadmill where we are able to control virtually all variables to ensure success and then easily transition to over-ground walking to maximize carryover into functional walking. Our system is specifically designed to meet the needs of a variety of patients.



The Perrine Bridge Festival Ambassadors

invite you to join them for

KIDS ART DAY



Spring Art Exhibit & Auction

2011 Theme
"UP TO THE CHALLENGE"

May 25, 2011
4:30-8:30pm

Twin Falls Center for the Arts

Come and enjoy a wonderful evening with art in our community to support this local foundation for children with special needs

Saturday, April 9th - 11:00 am to 1:00 pm

at the Presbyterian Church (corner of 5th & Gooding St., Twin Falls)

This is a free event for children to create art projects that will be auctioned to benefit the Perrine Bridge Festival fund for children with special needs.

STAFF SPOTLIGHT



Ivan Hardcastle OTR/L, Craig Cahan DPT, and Linsey Trout DPT recently attended a course in Seattle titled "Three Day Intensive on Treating the Child With Hypotonia" The class primarily emphasized strategies to help promote improved functional performance and mobility for children with hypotonia. Treatment strategies that were highlighted dealt with identification of sensory organization and integration for gravitationally insecure populations, facilitated proximal stability for ambulation and distal control along with appropriate alignment for gaining proximal stability/core strength.



Congratulations!

to
Lori Wheelwright OTR/L
on the birth of her son,
Grayson
January 19, 2011

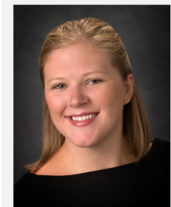
7pounds 11 ounces



Jennifer Claire COTA/L attended a seminar titled Sensory Integration and Praxis in Boise earlier this year.



Mandy Lee OTR/L attended a web-based, interactive conference on the collaborative problem solving approach for addressing challenging behaviors. The perspective requires a new set of lenses for understanding challenging behavior. Challenging behavior occurs when a child's skills are insufficient to meet environmental demands. Thus, challenging behavior should be viewed and understood as a form of developmental delay and treated as such. A key theme of this approach is that a child will do well if s/he can and doing well is always preferable to not doing well. This helps explain why traditional reward/consequence programs are not working for children with challenging behavior. Collaborative problem solving centers on understanding a child's perspective of the problem causing the challenging behavior and finding a mutually agreed upon solution that meets the needs/concerns of the child and the adult. Ross Greene, the presenter, has authored two books on this topic, which are recommended: The Explosive Child and Lost at School. I look forward to integrating this new approach.



Parent Testimonial

Before my daughter started Occupational Therapy, she would have violent outbursts, refuse to touch certain textures, and was having a hard time with potty training. Since starting Occupational Therapy with Ivan, she has blossomed into a bubbly, happy 3 year old. She allows me to give her hugs, she'll touch just about anything and is fully potty trained. I feel very fortunate to have Ivan in my daughters' life. She has such an incredible bond with him. Ivan, as well as the rest of the PTS staff are the best. They are highly trained professionals who I believe, genuinely care about their patients and want to make a difference. Ivan has made a difference in my daughters life as well as mine. He has now given my daughter the chance for a bright and promising future. And for that, I am forever grateful. Trisha

**Watch for our newly updated
Primary Therapy Source website!!**

*Now providing more information
about upcoming community events,*

www.primarytherapysource.com



254 River Vista Place
Twin Falls, ID 83301

Treating you to a better life.

**** Save the Date ****
August 13th for the 2nd Annual
Ride 'em, Race 'em, Run 'em
at Magic Mountain

Funds raised go to providing individuals with the opportunity to participate in therapeutic riding and for adding necessary equipment and supplies for hippotherapy.

Fun Run/Walk
Silent Auction
Horse Obstacle Course

Bike Race
Dinner



Rising to the Challenge