



PRIMARY THERAPY SOURCE
PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

NEWS & INFORMATION SPRING 2010



Autism Awareness & OT Month...1
Better Speech & Hearing Month...1
Sports Medicine Symposium.....2
Staff Spotlight.....2
Managing Autism.....3
Protect Your Hearing.....3
Rising Stars Therapeutic Riding...4
A Kid Again.....4

APRIL is
Autism Awareness
and Occupational
Therapy Month



Living Life To Its Fullest

is this year's theme for Occupational Therapy Month

Join our Occupational Therapy Team
for free *Education Nights*
Wednesdays at 7 pm
at Primary Therapy Source

- ❖ April 7 Sensory Integration:
Home & School Strategies
- ❖ April 14 Handwriting Helps for School Age Kids
- ❖ April 21 Picky Eating and Oral Motor Skills
- ❖ April 28 Autism: Strategies for Parents

PRIMARY THERAPY SOURCE

Jan Yingst, MPT, PCS
Teresa Prine, MSPT, PCS
Jackie Dux-Price, DPT
Jon Gardunia, DPT
Monlo Beck, DPT
Jamie Benjamin, PTA
Ivan Hardcastle, OTR/L
Mandy Lee, OTR/L
Lori Wheelwright, OTR/L
Tara Parsons, COTA/L
Jennifer Claire, COTA/L
Kerry Bowman, MS, CCC-SLP
Angela Clegg, MS-SLP

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

www.primarytherapysource.com

MAY is
Better Speech and
Hearing Month



The American Speech Language Hearing Association reports that:

- The prevalence of speech sound disorders in young children is 8-9%. By first grade, roughly 5% of children have noticeable speech disorders; the majority of which have no known cause.
- 1 in 6 (42 million) Americans have a speech, language, or hearing disorder.
- Between 6 and 8 million people in the U.S. have some form of language impairment.
- Over 10 million Americans have hearing loss because of excess noise exposure.
- As many as 738,000 individuals in the U.S. have severe to profound hearing loss. Of these, almost 8% are under the age of 18.
- In the U.S. about 1 million persons have aphasia (partial or complete impairment of language comprehension and expression caused by brain damage, most often from stroke).
- It is estimated that more than 3 million Americans stutter.
- Approximately 7.5 million people in the United States have a voice disorder

Summer Institute Sports Medicine Symposium

A series of educational seminars addressing common injuries and dysfunction in athletes is coming to Twin Falls June 24-26. Coaches, athletic trainers, sports officials, physical therapists, medical doctors and students majoring in health professions are encouraged to attend the **Summer Institute Sports Medicine Symposium**, sponsored by Primary Therapy Source, St. Luke's Magic Valley Medical Center, St. Luke's Elks Rehabilitation and the College of Southern Idaho.

The symposium kicks off Thursday, June 24, at 7 pm with a keynote address from **Boise State University Head Football Coach, Chris Peterson**. This free event, open to the public, will be held at the Canyon Ridge High School Auditorium. Educational sessions will be held Friday and Saturday on the CSI campus. The symposium will provide practical, hands-on experience ranging from on-the-field injuries to urgent care assessment in a physician's office. Emergency action planning, concussion in athletes and appropriate return to play guidelines are among the topics covered. Course work will include paths for pre-professionals and professionals. There will be four joint sessions for all attendees as well as concurrent tracks for participants to choose based on personal interest.



Friday, June 25

9:00 am—5:00 pm

- ◆ Medical Emergencies in Athletes
- ◆ Taping Techniques
- ◆ First Aid
- ◆ Foot & Ankle Injuries
- ◆ Skin Disorders
- ◆ ACL Injuries in Athletes
- ◆ Emergency Action Planning
- ◆ When to Refer to a Specialist
- ◆ Lunchtime Panel Discussion

Saturday, June 26

8:00 am—2:30 pm

- ◆ Shoulder Injuries in Athletes
- ◆ Performance Enhancement & Prescription Drugs in Athletes
- ◆ Concussions & Return to Play Guidelines
- ◆ Return to Sport Guidelines for Injured Athletes
- ◆ Metabolic Testing and Strength & Conditioning for Athletes
- ◆ Lunchtime Round Table Discussion

Registration deadline is June 10. Cost is \$175.

College credits are available through the College of Southern Idaho. Sessions also fulfill professional continuing education units. The complete schedule of courses, presenters, times and locations will be ready by early April. This information will be posted on the PTS website at www.primarytherapysource.com

For more information contact Primary Therapy Source at 734-7333 or Jean Mutchie at jmutchie@elksrehab.org or 208-489-4700.

STAFF SPOTLIGHT



☞ Our Clinic Welcomes Jennifer Claire, COTA/L ☞

Jennifer, a Certified Occupational Therapy Assistant, received her Associate of Applied Science from Salt Lake Community College in 2009, graduating with high honors. Her clinical experience included school-based and clinical pediatrics, sensory integration, hand therapy, home health, acute care and long-term care. As a student, she completed one of her clinical rotations at Primary Therapy Source. She is a member of the Idaho and American Occupational Therapy Associations. Raised in Buhl, Jennifer is pleased to return to the Magic Valley to begin her therapy career.

PROFESSIONAL DEVELOPMENT

Mandy Lee, OTR/L: Spinal Cord Injuries ❖ Infant Massage
❖ ISU Treatment Summit: School-Based Interventions - Case Study on The Listening Program

Ivan M Hardcastle, OTR/L and Tara Parsons, COTA/L attended
❖ Pediatric Feeding Using the DIR/Floortime Approach

Teresa Prine, MSPT, PCS: Youth Sports Concussions
❖ Emergency Response--First Responder Course for Physical Therapists on the Athletic Field ❖ Spinal Cord Rehabilitation

Teresa, Ivan and Tara made a presentation on *Autism* to the foster parent support group Idaho's Pride: Parent Resource for Information, Development and Education, March 19 in Twin Falls.

Ivan and Teresa will conduct training on *Sensory Integration* for a parent workshop at the Idaho School for the Deaf & Blind in Gooding on April 1st.

Jamie Benjamin, PTA: Sleep, Activities, Nutrition & Environment (SANE) System of Pediatric Assessment and Treatment
❖ Kinesio Taping - Levels 1 & 2

Jon Gardunia, DPT: Emergency Response- First Responder Course for Physical Therapists on the Athletic Field

Monlo Beck, DPT: Sensory Integration and Praxis
❖ Enhancing Functional Gait in Children through Clinical Analysis and Neuro-Developmental Treatment

Jackie Dux-Price, DPT: Kinesio Taping - Levels 1 & 2
❖ Youth Sports Concussions: Education & Legislation
❖ Prevention of Upper Quarter Injuries in the Overhead Athlete
❖ Evidence-based Behavior Modification Strategies for Patient/Client Management of Obesity Across the Lifespan
❖ Jackie presented on *Plantar Fasciitis* to a coaches clinic March 12 in Jackpot, NV.

“A child with autism is A CHILD with autism.”

Autism is a general term that describes a group of complex developmental brain disorders. The condition affects one's ability to communicate and interact with others. It is a "spectrum disorder" that affects individuals in different ways and to varying degrees of severity.

- 1 in 110 children is diagnosed with autism, making it more common than childhood cancer, juvenile diabetes & pediatric AIDS combined.
- The condition affects approximately 1.5 million individuals in the U.S. and tens of millions worldwide.
- The prevalence of autism is increasing 10-17 percent annually.
- Boys are more likely than girls to develop autism and receive the diagnosis three to four times more frequently. In the U.S. alone, one out of 70 boys is diagnosed with autism.



SIGNS TO LOOK FOR IN CHILDREN

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (handflapping, twirling objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects

This developmental disability generally appears during the first three years of life. Autism is not curable; but it is *manageable* with proper treatment. Studies show that early diagnosis and intervention lead to significantly improved outcomes. The earlier a child is able to begin therapy, the greater the possible improvement.

Common concerns of parents, teachers and caregivers include: social participation; mood regulation; communication; arousal levels; and other developmental delays.

With therapy, patients can enhance social language, organizational skills, praxis (creative motor planning), and the ability to generalize. Occupational therapy intervention can help children with autism improve their ability to engage in activities; tolerate change; hold still; pay attention; and increase fine motor skills.

Occupational therapy assists patients with:

- fine motor & visual motor development for school based skills
- activities of daily living (dressing, feeding, grooming)
- sensory integration (regulating mood, activity level and motor planning)
- social/emotional interactions (including use of the DIR / Floortime approach).

Primary Therapy Source focuses on helping each individual reach his or her optimum potential. Our goal is to improve quality of life for our clients *and* their families through effective therapeutic treatment for—and ongoing education about—autism spectrum disorders.

Information provided by Autism Speaks at www.autismspeaks.org, the Autism Society of America at www.autism-society.org and the PTS Occupational Therapy Team

PROTECT YOUR HEARING

Noise is one of the most common causes of hearing loss, and one of the most common occupational illnesses in the United States. A single shot from a shotgun, experienced at close range, may permanently damage your hearing in an instant. Repeated exposures to loud machinery may, over an extended period of time, present serious risks to human hearing.

- 10 million Americans have already suffered irreversible hearing damage from noise;
- 30 million are exposed to dangerous noise levels each day. The effects of noise on hearing are often underestimated because the damage takes place so gradually. Excessive noise damages the delicate hair cells in the inner ear. This damage results in sensorineural hearing loss and often tinnitus (ringing of the ears). Dangerous levels of noise can come from working in noisy occupations or in engaging in dangerous recreational activities:

If you have to raise your voice to shout over the noise to be heard by someone within an arm's length away, the noise is probably in the dangerous range.



Tips for protecting your hearing:

- Limit exposure time to noisy activities.
- Wear hearing protection, such as foam or silicone plugs or muffs.
- Wear ear plugs or muffs when using loud equipment (i.e. lawn mowers, power saw, leaf blower).
- Reduce the number of noisy appliances running at the same time in your personal environment.
- Avoid medications that can be dangerous to your hearing. Be sure to ask your physician about possible effects on your hearing.
- Turn down the volume. Playing music too loud can damage hearing.

Information provided by the American Speech Language Hearing Association at www.asha.org.

UPCOMING EVENTS

Rising Stars Therapeutic Riding Center will hold riding sessions on Tuesdays & Wednesdays at Star Gazers Ranch (Twin Falls) beginning in June. The program is under the direction of Tara Parsons, COTA/L and Marni Porath, certified instructors through the North American Riding for the Handicapped Association (NARHA).

PTS patients interested in hippotherapy treatment must first be evaluated by a physical or occupational therapist.

Equine therapy can boost physical, mental, emotional and developmental capabilities for persons with disabilities, functional limitations or medical issues. Anyone interested in participating in therapeutic riding, volunteering, or donating to the non-profit program can contact Marni Porath at 208-404-2418 or mcporath@hotmail.com.

I want everyone to know that Hippotherapy can do wonders for your child. My three-year-old daughter had no balance and lacked self confidence. Last year she started Hippotherapy as part of her occupational therapy treatment. Let me tell you, therapeutic riding was a turnaround for her! Now she has improved balance, can sit by herself and is learning how to walk! My thanks to the therapists at PTS and also the volunteers who assist the riders in this great program.

*Sincerely,
A Grateful Parent*



254 River Vista Place
Twin Falls, ID 83301



Inviting all adults (21 & up) to behave like kids and raise money for kids!

"A Kid Again" Saturday, May 1 Doors Open 6 pm Tickets \$35
at the former Rite Aid Building (corner of Blue Lakes & Addison)

★ Human Velcro Wall ★ Mechanical Bull ★ Giant Twister Board ★
Bounce Houses ★ Pay-to-Sing Karaoke ★ Music ★ Food ★ Plus More

Pointexters will feature a Costume Corner and the "School Photographer" will be on hand to take pictures! Gather a play group & join the fun!

Hosted by A Child's Whisper, in alliance with St. Luke's Magic Valley Health Foundation. Funds raised will benefit a family "Room Inn" at the new St. Luke's Magic Valley Hospital neonatal intensive care unit (NICU). For information call 737-2480. More details at primarytherapysource.com.

Seeking Volunteers for **A Kid Again** **Perrine Bridge Festival** **Hippotherapy/Therapeutic Riding**

Want to get involved in the community to benefit worthy causes, fulfill a need, and make a difference? Then call Primary Therapy Source at 734-7333. We can connect you to events that offer enjoyable, meaning-filled experiences. Making new friends is just icing on the cake...guaranteed!!