



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

## NEWSLETTER

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### BETTER HEARING AND SPEECH MONTH:

May is better hearing and speech month! Many people are not aware of all the things that speech therapy can do, or what exactly a Speech and Language Pathologist (SLP) is. We have a Blog for that! This month we are focusing on speech therapy and all it can do to improve many areas of life across the life span.

Speech-language pathologists, also known as speech therapists or SLPs, work with people of all ages. SLPs evaluate, diagnose, and treat a variety of cognitive, communication, and swallowing problems. These may include problems with the following:


- \*Language
- \*Speech
- \*Voice
- \*Fluency
- \*Cognition
- \*Swallowing

For more information head to our featured blog this month!



### AROUND THE CLINIC: BUSY BUSY BUSY

During the past few months our clinic has been busy and appointments seem to be getting scheduled further and further into the future. We encourage you to keep track of how many appointments you have and to schedule ahead once you only have 1-2 appointments remaining. Be sure to talk to your provider prior to scheduling to assure appropriate frequency and medical necessity. A proactive approach will allow for the best possible therapy experience and optimal outcomes!

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# Therapy Minutes

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This section is to keep you up to date and provide education regarding PT, OT, and Speech Therapy

## Physical Therapy: Summer Shoe Wear

Summer is right around the corner which means warmer weather, outdoor fun, and longer days. It's important as you're out enjoying summer to take care of your feet. As tempting as cheap dollar store sandals may be, your feet may pay a price and limit your summer fun. We recommend shoes or sandals that have full foot support and heel control. Some sandals such as Chaco's are a good balance between support and comfort during the warmer months. Often poor shoe choice increases the risk of foot/ankle pain and common diagnosis's such as Plantar Fasciitis, Metatarsalgia, or Achilles Tendonitis. So do yourself a favor this summer and pick up a pair of new supportive sandals or shoes to keep your feet healthy!

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## Occupational Therapy: Functional Cognition and OT

While we typically consider speech therapists (SLP) the cognitive and language experts, occupational therapists (OTs) also play a role in cognitive therapy. The ADLs (activities of daily living) and the IADLs (instrumental activities of daily living) require more than one cognitive skill. OTs can teach fine motor skills, use of adaptive equipment, and improve hand strength needed to use in completing tasks and improving eye-hand coordination. OTs also teach compensatory strategies to improve an individual's ability to perform daily tasks. These tasks will vary depending on the age and responsibilities of the patient.

- Examples of ADLs include personal care, dressing, bathing, toileting, eating.
- Examples of IADLs include: scheduling appointments, using a check book or credit/debit card, typing on a computer and using a mouse, handwriting, planning meals/shopping and putting together a daily tasks list and learning pacing techniques to conserve energy.

Functional cognition requires many components including memory, attention, problem solving, and more, to complete everyday tasks. Occupational therapists can collaborate with Speech therapists to maximize the therapeutic benefit for each patient.

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## Speech Therapy: Early Intervention Speech Therapy

Children develop most of their language skills in the first three years of life. It is important to identify speech and language delays as soon as possible and address them accordingly with a speech-language pathologist. There are simple steps that a speech-language pathologist can give parents to assist in encouraging and developing a child's communication skills. It is key to realize speech and language delays early and take the proper steps to get the child back on the right path to avoid persistent problems and academic difficulties later on. To find out more about early intervention speech therapy check out our blog, which will be posted May 15<sup>th</sup>.

