



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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OUR STAFF

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Front Office:

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Back Office:

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BACK TO SCHOOL SAFETY

We hate to be the bearer of “bad” news, but school is about to start! We know some are excited and some are not, but it is coming and it’s an important topic to discuss if you want your children to start out on the right foot for the school year. School can be a big change when coming out of an active summer. Long periods of sitting in front of a computer or the increased use of tablets, cell phones, etc. can be posturally demanding for their generally active and in motion bodies. Luckily, we have put some tips together to help ease into the school year with good posture and a comfortable backpack fit. Check out this month’s featured blog to see how you can help your child swing back into the school environment with comfort and ease.



AROUND THE CLINIC:

You may have noticed many new faces over the last several months. We are lucky to have the staff we have, and the new faces that have joined our team are no exception. Hannah is one of our delightful receptionist at our front desk and joined our crew in January. Juanita is our amazing front office supervisor, who joined our team in April. We have three new and amazing PT techs: Blake, Logan, and Kat who joined our team in March and April. Finally, we have a new and fabulous PT, John Kuhn who joined our team in June. We are so glad to have such an amazing staff both old and new!

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Therapy Minutes

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

Physical Therapy: A Background on Cupping

Who doesn't remember when Michael Phelps showed up to take the platform at the 2016 Olympics with his shoulder covered in purple blotches? That was the year that a new light was shown on a very old and ancient medical practice that assists in the loosening and healing of injured and painful tissue. Fast forward to 2022 and cupping is often found as a treatment tool in many PT practices and is just another instrument used to assist in helping people get back to their normal life without pain. It is shown to be very beneficial in breaking down scar tissue and increasing blood flow to allow for improved tissue mobility. To find out more information head over to our blog and see if cupping is right for you.

Occupational Therapy: OT with Children

Occupational therapy works with children of all ages and as the new school year is beginning, here are some tips to help your child have a successful experience:

Establish organization and routine: Plan ahead to choose outfits, breakfast, and a ready backpack. Routine provides less rush in the morning. **Positioning:** when in the classroom or at home, encourage kids to keep their feet on the floor. This makes for better posture and balance. **Task completion:** A visual schedule or checklist can help children participate in and complete tasks. **Multi-sensory learning:** When helping with homework, remember we all have different styles of learning and often the best learning is when multiple sensory systems are involved. For example: printing letters in foam or using chalk than pencil/paper. **School success:** Visit with the teacher to review the class rules and routines then help your child to understand and know the expectations so they are more prepared. **Sleep:** Establish a consistent routine for going to bed and getting up. Limit screen time for television, cell phones, computers and gaming especially on school nights.

If your child shows signs of struggling including attention, understanding the material, posture, balance, decision-making and socializing, an evaluation by a pediatric Occupational Therapist may offer ideas to help.

Speech Therapy: Supporting Healthy Communication in a Tech-Driven World

As children return to school this month, it is a great time to review technology parameters with your family. We are texting and posting more than ever, but are we truly communicating? Experts are increasingly concerned that overuse of technology may lead to reduced speech and language abilities in children. Did you know that every 30 minutes of daily screen time increases the risk of expressive language delay by almost 50% in children 6 months to 2 years of age? Additionally, 44% of children under the age of 6 would rather play a game on a device than read a book or be read to. Recent research indicates children under the age of 8 spend an average of 48 minutes per day on a device. What can we do to support healthy communication in our technology driven world today? Establish daily time limits and enforce these boundaries with your devices. Be consistent in enforcing the parameters you set with your child for tech use. Model safe tech habits you want your children to adopt. Consider whether your child really needs their own device, as well as setting limits on content for additional safety. Remember that children learn best through talking, conversation, play and reading. Find opportunities during the day for tech free time. Many positive things occur when children have limited access to technology. Without technology, children play with friends in person. They are more active and want to go outside. They get better sleep at night. They read more and converse with their family. Children play more with toys, try new things, practice an instrument and do art. They are more present and live in the moment. Reviewing technology limits with your child and family now is a wonderful way to support their language and learning skills as they begin the new school year.

