

Helping Kids



Health Care & the Skills of Living for Children

Personal Message

Childhood Challenge: Cerebral Palsy

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Every child is unique. Growing up, they face different challenges, solve their dilemmas differently and require individualized treatment. Every parent at one time may look at their children's behavior or growth and worry, "Is this normal?"

Many of the problems are just part of growing up, but there are signs that should not be ignored by a parent.

Children with neurological (nervous system) disorders can find it difficult to perform even the smallest of everyday tasks. This can make the job of daily living seem impossible to both the child and parents.

Cerebral palsy (CP) refers to a number of the neurological disorders that can appear throughout infancy and early childhood. Cerebral means 'of the brain or head', while palsy refers to a 'weakness or problem with movement'.

Many children with CP were born with it, though it may manifest anytime in the first few years of life. It occurs when there is an insult to the brain.

Some early clues that your child has CP are:

- They push back while they sit.
- They may arch their back.
- They may have poor muscle development.

- Unable to hold their head up at 4 months old
- Doing the 'bunny hop' instead of crawling.
- One side of their body seems weaker than the other.

Once a CP diagnosis has been made Kids in Motion Pediatric Therapy Services can help your child to maintain their range of motion (joint mobility) so they don't get tight muscles and worsen over time. At Kids in Motion, we can help your child to build strength so they can develop functional skills and to form and understand words to communicate effectively in life.

Children with CP can maintain their functional potential given the direction of a therapist. They often begin to appear happy and motivated to please others, a nice contrast to an upset child who is not prepared to handle the everyday challenges of childhood.

At Kids on Motion we work to help these children in developing the necessary skills so they can easily learn and interact with their environment.



Mary Hydorn, PT—owner, Kids in Motion

Cerebral Palsy: STIFF or Floppy

Children with CP have specific needs and are best served by a licensed pediatric therapist.

Just as each child is unique so are the obstacles they must face and overcome. There are many types of cerebral palsy but the disorders most frequently seen are hypertonic, hypotonic, ataxic, and athetoid.

Hypertonic or spastic (high muscle tone) is the most common form of CP, and is seen in about 70% of all children diagnosed. Children with hypertonic CP may have muscles that are tight, weak or stiff which make it difficult to control movements. People with tight or stiff muscles find it hard to fully extend their arms or bend their legs, while those who have weak muscles have trouble sitting unaided.

Hypotonic is a low muscle tone form of CP and can be diagnosed earlier than other disorders. The first signs can be visible at birth and in the first 3 months of life. Symptoms are normally seen in floppy joints, weak underdeveloped muscles and clumsy movements. Children with Hypotonic CP often fatigue quickly, prefer activities that can be done sitting down and are very cuddly. These children often “splint” or stiffen their muscles to hold positions.

Ataxic CP is characterized by poor coordination of movements and low muscle tone. Children who have ataxic CP often have tremors and have difficulty in finding a sense of balance and depth

perception. Another symptom of ataxic CP is what is called the “intention tremor”. These tremors may start with a voluntary movement, like picking up a pencil, and become more pronounced as the child moves closer to the goal.

Athetoid CP affects only 10 to 20% of patients and can be characterized by slow and uncontrolled movements. Athetoid CP can affect the feet, legs, hands and arms. Some children may also have difficulty coordinating the muscles used for eating and speaking which can result in a condition called dysarthria. In severe cases the muscles of the tongue and face may be affected causing drooling or grimacing.

Cerebral Palsy: Left or Right?

Children with CP have specific needs and are best served by a licensed pediatric therapist. Each child is different. They can have different muscle tones, personalities, orthopedic issues, and delays in their development. There are even different areas of your child’s body that CP can affect.

- Quadriplegia is when all arms and legs are affected.
- Hemiplegia occurs when CP affects one side of the body, arm and leg.
- Diplegia is when either both arms or both legs are affected.
- Monoplegia is rarely seen, it is when only one arm or leg is affected.

Kids in Motion Pediatric Therapy Services can help Cerebral Palsy

At Kids in Motion, our pediatric therapists perform evaluations and treatment techniques through play based activities. Play and other fun activities that interest and engage your child will help to increase their ability to function and to tolerate the daily tasks in their environment.

Pediatric therapists take an individualized approach to each child with the use of specialized training.

Our pediatric therapists have been individually trained in a variety of settings, techniques and intervention strategies.

A few of the types of intervention that we provide include:

- Neuro-developmental techniques (NDT)
- Visual/perceptual therapy
- Cranialsacral therapy
- Oral motor therapy
- Neuromuscular electrical stimulation
- Motor learning
- Kinesthetic (perception of movement) treatment
- Therapeutic listening
- Myofascial (musculoskeletal) Release therapy
- Fine and gross motor coordination
- Handwriting exercises
- School related tasks
- Sensory Integration Treatment
- Serial casting

At Kids in Motion Pediatric Therapy Services, we successfully treat children with a wide variety of dysfunctions and disabilities.

The intervention provided by pediatric therapists increases the quality of life and purposeful performance of tasks for the children they treat.



FAQ

- Frequently Asked Questions About Pediatric Therapy

1. What causes CP?

In many cases the cause is unknown; however the term Cerebral Palsy is used to define numerous neurological problems that can be caused by any disruption of brain growth.

2. Are there any ways to prevent CP?

Doctors have found that receiving pre and post natal care has helped prevent the occurrence of CP in young children, by providing the nutrients necessary to brain development.

3. How early can my child be diagnosed?

In severe cases newborn children have been diagnosed with CP. More commonly, visible symptoms can occur as early as 2 months as an excessively arched back and neck or floppy uncoordinated limbs.

4. Are there any nutritional concerns associated with CP?

CP can affect the facial muscles which can make it difficult to eat. Some children suffering from CP can become malnourished which can aggravate the existing muscle dysfunction by weakening the child.

5. Will CP worsen as my child gets older?

No. CP does not get worse with time. There are many programs and treatments available to make living with CP easier. Some of our clients have found that as they receive treatment and learn techniques to do at home, it becomes easier to deal with the issues and problems that arise while living with CP. However, muscles and bones change overtime and with growth CP children may appear to worsen and often need services during growth "spurts" to deal with these changes.

CALL YOUR PEDIATRIC THERAPIST:

Take this simple test...Does your child have?

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Delayed developmental skills?
<input type="checkbox"/>	<input type="checkbox"/>	2. Stiff, unbending muscles and joints?
<input type="checkbox"/>	<input type="checkbox"/>	3. Floppy, uncoordinated muscles?
<input type="checkbox"/>	<input type="checkbox"/>	4. Uncoordinated movements?
<input type="checkbox"/>	<input type="checkbox"/>	5. Difficulty walking?
<input type="checkbox"/>	<input type="checkbox"/>	6. Slow slurred words?
<input type="checkbox"/>	<input type="checkbox"/>	7. Excessive drooling or difficulty eating?
<input type="checkbox"/>	<input type="checkbox"/>	8. The behavior of the "class clown"?

Results

If you answered yes to any of these questions your child may have symptoms of cerebral palsy.

Talk with your pediatrician as soon as possible to ask for a prescription for an evaluation with a Kids in Motion pediatric therapist.

Neurological disorders can permanently affect muscle coordination and body movement; however there is always room for improvement. The sooner treatment is initiated the sooner your child can begin to enjoy the individuality that defines each of us.



Featured Therapist Shawn Krause

Shawn Krause is a pediatric therapist who graduated from the University of Michigan in 2003 with her Doctorate degree in physical therapy. She has worked at Kids in Motion since graduation, and has treated children in various settings including home, schools, and in the outpatient clinic.

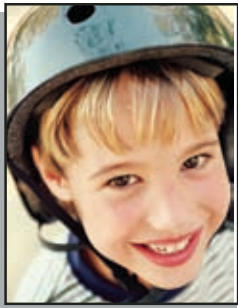
Shawn's graduate work, "Effects of Aerobic Exercise Training on peak Aerobic Capacity, Fatigue, and Psychological Factors During Radiation for Breast Cancer", was published nationally in the Rehabilitation Oncology journal in 2005. Her pediatric specialties include aquatic therapy, partial weight bearing treadmill training, and myofascial release techniques.

Shawn believes in making therapy fun, and tailors each treatment session to fit the individual child.

Shawn has been a great asset to Kids in Motion Pediatric Therapy Services. The children love having therapy with Shawn



SUCCESSSES What parents are saying...



Ana has been receiving therapy from Kids in Motion for a year. Eight months of that has been two hours of therapy a day, five days a week. At that frequency, most kids would

be dreading therapy or getting tired of being challenged so often. Ana still looks forward to therapy and is happy to be there. She gets frustrated or has a meltdown; the therapists know how to get her back on track and doing her therapy very quickly. The entire staff cheers and claps for the smallest amount of progress.

There a very few pediatric therapy facilities period- we are so fortunate to have such a spectacular one in the area. Kids in Motion is an outstanding facility with exceptional people. I consider them a blessing from God.
—D'Ann Schneider

Our daughter Jana'e was diagnosed with cerebral palsy in July 2004, and we were devastated to learn this information. Kids in Motion is about a 30-40 minute drive for us. We believe that we are meant to be part of this place. The staff has made us feel relaxed and safe when we come for our appointments, and we know she is in good hands and we no longer fear her future because she is getting the best care there is.

The therapists who work with her are very caring and thoughtful; Shawn is very good with her and has improved



her mobility and strength for her to move around. Shawn is a caring person and has been wonderful to my wife and me. We are grateful that she is on your staff. Brian has also been a wonderful person and professional in the treatment of our daughter. He has helped with many life skills to improve her quality of life. We definitely see a difference in our daughter since coming to Kids in Motion. We are a blessed family for having your professional and caring people in our lives. We know in our hearts that we are in the right place.
—David and Kim Bridges

Need Help For Your Child?



Come and visit us for a FREE CONSULTATION

Find out how Pediatric Therapy can help you restore health and gain the Skills of Living for your child.

Call us today at 248-684-9610 for your no-charge consultation



Pediatric Therapy Services

Kids in Motion Pediatric Therapy Services specializes in physical, occupational, and speech and language therapy for the pediatric client 0 – 18 years old. We have been in business since 1993. We provide services in our clinic in Highland, in your home, and we contract therapist to schools and hospitals for temporary and permanent positions with our 50 plus staff. We have many therapists with many different specialties. We focus on a functional approach for children of all abilities. We believe in a strong home program, it is these daily functional exercises that help the child progress faster. We offer aquatic therapy at our Highland location or at your own pool. "We make therapy fun".



WE CARE ABOUT YOU AND YOUR CHILD!

Call us today for a free consultation at

248-684-9610

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INSIDE:

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Pediatric Therapy Services



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