



Your Therapy Source News

**Digital magazine for pediatric
occupational and physical therapists.**

Issue 74 - August 2015

www.YourTherapySource.com

New and Sale Products



Back to School Pencil Challenges

By: Your Therapy Source, Inc

Summary: Download of 40+ visual motor pencil challenges with varying degrees of difficulty (available in color and black and white) with a back to school theme

Price: \$3.99

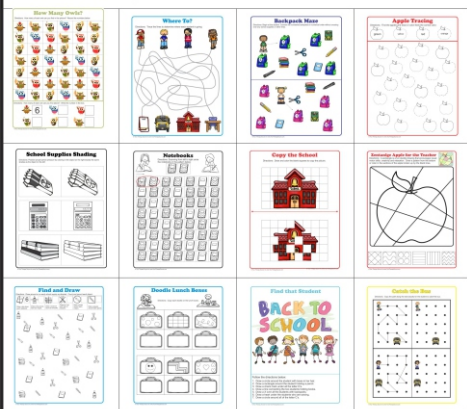
SALE PRICE UNTIL 8/31/15: \$1.99

FIND OUT MORE AT

<http://yourtherapysource.com/pencilchallengesbacktoschool.html>

Back to School Visual Perceptual Puzzles

12 puzzles to challenge visual motor, visual closure, visual spatial and visual discrimination skills.



YourTherapySourceInc

Back to School Visual Perceptual Puzzles

By: Your Therapy Source, Inc

Summary: Download of 12 visual motor, visual spatial, visual closure and visual perceptual challenges with a Back to School theme.

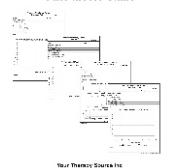
List Price: \$2.99

SALE PRICE UNTIL 8/31/15: \$1.99

FIND OUT MORE AT

<http://yourtherapysource.com/vpschool.html>

Progress Monitoring Forms
Fine Motor Skills



Progress Monitoring Forms - Fine Motor Skills

30% off until 8/31/15.

FIND OUT MORE AT

<http://yourtherapysource.com/pmf-fine.html>

Progress Monitoring Forms
Gross Motor Skills



Progress Monitoring Forms - Gross Motor Skills

30% off until 8/31/15.

FIND OUT MORE AT

<http://yourtherapysource.com/pmf-gm.html>

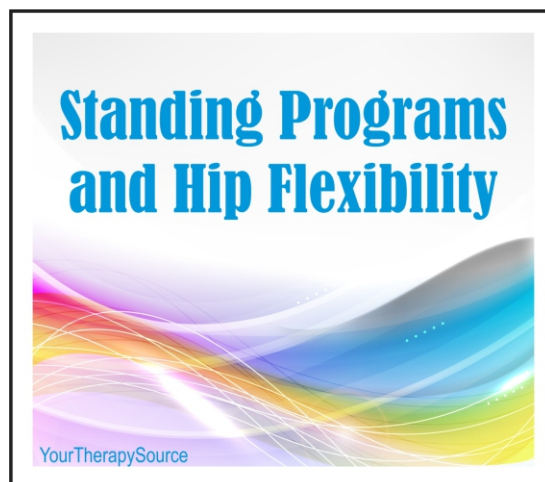
5 Tips to Help Children Learn to Cooperate



Do you ever find yourself thinking I wish this group of kids could just get along better? Maybe it is during a group therapy session, a play date, recess or siblings that could benefit from some tips to help them cooperate. Here are 5 tips to help you teach children how to get along:

1. Model the behavior. When you are with other adults or children, model good manners by not interrupting, taking turns and sharing.
2. Praise children. Catch them when they are cooperating and praise them for the good behavior. Be specific. Instead of saying "good job" say "I like how you waited your turn" or "I am proud of you for sharing your favorite toy."
3. Let the children problem solve. Whenever able, let the children work it out themselves without interfering.
4. Practice cooperation. If necessary, try different role playing activities so that the children can actually learn to share, wait their turn, be polite, etc in a non threatening environment.
5. Play games that encourage cooperation and keep it fun. Check out **Cooperative Activities for Kids: 12 Playful Activities to Get Kids Working and Moving Together** at <http://yourtherapysource.com/treehouse1.html> for specific ideas.

Standing Programs and Hip Flexibility



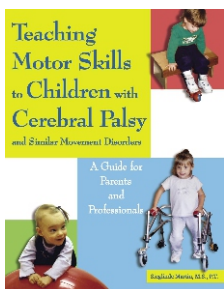
Pediatric Physical Therapy published research on the results of a daily standing program and physical therapy on 13 children with spastic diplegia. The participants were Gross Motor Functional Classification Level III.

Each child used a custom fabricated stander from 12-14 months of age to 5 years of age. Hip abduction range of motion was evaluated with goniometry at the start of the program and at 5 years of age.

The results indicated that hip abduction was 42° at baseline and 43° at 5 years.

The researchers concluded that although the small difference in range of motion was not clinically significant, it indicated that it is possible to maintain hip abduction ROM in the spastic adductor muscles of children with cerebral palsy with a daily standing program during the children's first 5 years of development.

Reference: Macias-Merlo et al. Standing Programs to Promote Hip Flexibility in Children With Spastic Diplegic Cerebral Palsy. *Pediatric Physical Therapy*: Fall 2015 – Volume 27 – Issue 3 – p 243–249. doi: 10.1097/PEP.0000000000000150



Teaching Motor Skills to Children with Cerebral Palsy and Similar Movement Disorders – A Guide for Parents and Professionals

Find out more at <http://yourtherapysource.com/CPmotorskills.html>

ADHD and Handwriting



Journal of Attention Disorders published research on kinematically characterizing the handwriting of 14 boys with ADHD-combined type and 14 typically developing boys. The boys wrote a series of four cursive letter 'l's using a graphics tablet and a stylus.

The results indicated the following:

1. Children with ADHD-CT had more inconsistent writing size than did TD controls.
2. ADHD-CT symptom severity, specifically inattention, predicted poorer handwriting outcomes.

The researchers concluded that children with ADHD-CT display subtle handwriting differences and exhibit handwriting impairments in a manner dependent on symptom severity.

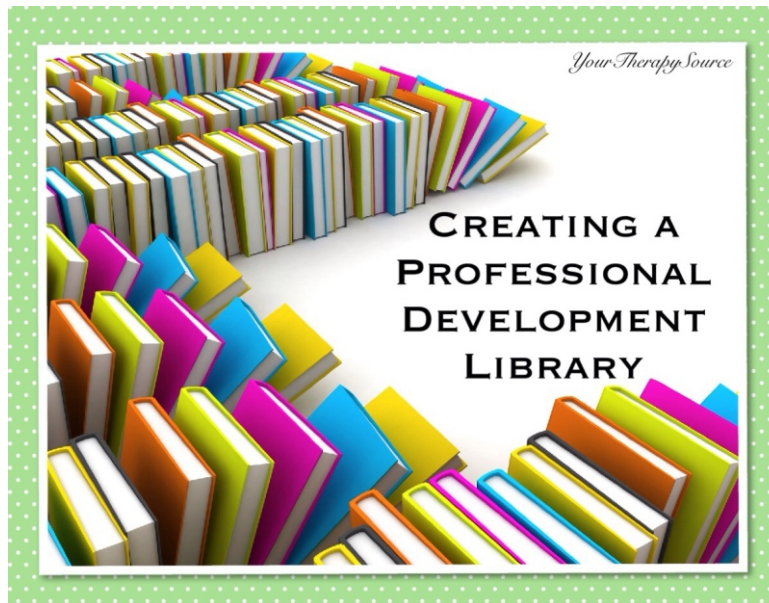
Reference: Rebecca A. Langmaid, Nicole Papadopoulos, Beth P. Johnson, James G. Phillips, and Nicole J. Rinehart. Handwriting in Children With ADHD. *Journal of Attention Disorders* August 2014 18: 504-510, first published on May 22, 2012 doi:10.1177/1087054711434154



Hang up these wall posters, cards or use alphabet strips for models of proper letter sizing.

Find out more at
<http://yourtherapysource.com/wallcards.html>

Creating a Professional Development Library



We all know how expensive professional development resources can be especially in the therapy world. Textbooks can be pricey along with individual research articles. For school based therapists, perhaps create a collaborative PD “library”.

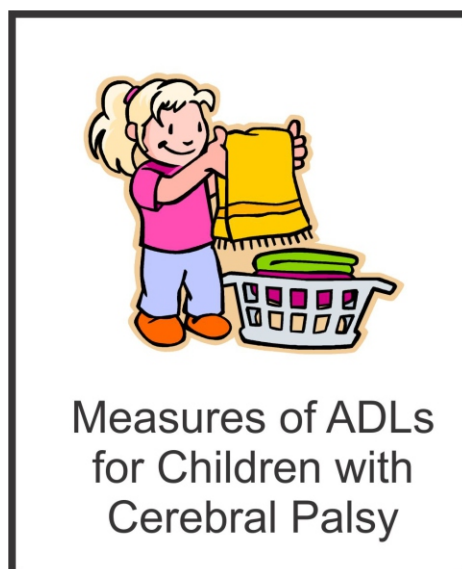
You could create a real collection where all the therapists in your district bring in their resources. Store them all on a book shelf with a simple check out system. Set a time limit on how long an item can be checked out ie two weeks or four weeks. Make sure everyone writes their names clearly on the resource material. When borrowing an item write down your name, the title and the date you borrowed it on an index card. Slip it in a box and read away. Return the item within the designated time frame.

Another option is to create a virtual library. Create a list of what resources everyone owns. When someone wants to borrow an item, contact the owner and make a borrow request. The owner of the resource knows exactly who has it then and can keep track of it. Remember to still add a due date so no one has the resource for too long or forgets to return it.

Do you have access to a professional development library at your job?

Need continuing education courses? Check out the online listings at <http://yourtherapysource.com/ceu.html>

Measures of ADLs in Children with CP



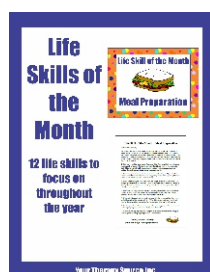
Developmental Medicine and Child Neurology published a systematic review of activities of daily living measures for children and adolescents with cerebral palsy. The following results were found:

- 26 measures were identified and eight met inclusion criteria
- The Pediatric Evaluation of Disability Inventory (PEDI) had the strongest psychometric properties but was limited by its age range (6 months to 7 years 6 months)
- The Assessment of Motor and Process Skills (AMPS) was the most comprehensive evaluation of underlying motor and cognitive abilities yet further psychometric testing is required for children with CP.

The researchers concluded:

- the PEDI should be used to measure ADL capability in elementary school aged children
- the AMPS is the best measure to evaluate ADL performance or capacity and is suitable for all age.
-

Reference: Sarah James, Jenny Ziviani and Roslyn Boyd. A systematic review of activities of daily living measures for children and adolescents with cerebral palsy. *Developmental Medicine & Child Neurology*. Article first published online: 12 AUG 2013 | DOI: 10.1111/dmcn.12226.



Life Skills of the Month

12 hand outs and posters to encourage practicing life skills throughout the year provided in Word and pdf format.

Find out more at
<http://yourtherapysource.com/lifeskills.html>

Predictors of Independent Walking and Cerebral Palsy



Predictors of Independent Walking and Cerebral Palsy

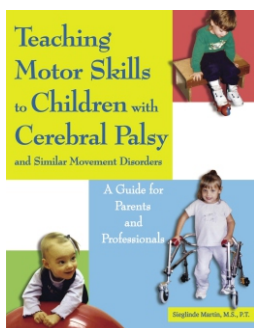
Physical Therapy published research on 80 children with cerebral palsy (ages 2-6 years old, GMFCS Levels II-III) to examine what skills help to determine independent walking to help guide physical therapy decision-making. One year prior to walking postural control, reciprocal lower limb movement, functional strength, and motivation were measured. Family support to child and support to the child's family was measured seven months after study onset.

The results indicated the following:

1. a measure of functional strength and dynamic postural control in a sit to stand activity was the only significant predictor of taking ≥ 3 steps independently. The model correctly identified a Walker or Non-walker 75% of the time.

The researchers concluded that sitting to/from standing predicted independent walking in young children with cerebral palsy. They recommend prospective longitudinal studies to determine indicators of readiness for independent walking.

Reference: Begnoche DM et al. Predictors of Independent Walking in Young Children With Cerebral Palsy. *Phys Ther*. 2015 Jun 18. [Epub ahead of print]



Teaching Motor Skills to Children with Cerebral Palsy - <http://yourtherapysource.com/CPmotorskills.html> Teaching Motor Skills to Children with Cerebral Palsy and Similar Movement Disorders – A Guide for Parents and Professionals

Author: Sieglinde Martin M.S., P.T.

FIND OUT MORE at <http://yourtherapysource.com/CPmotorskills.html>

5 Tips to Stay Organized this School Year



5 Tips to Stay Organized During the School Year

Although the start of the school year can feel like a ways off, the best time to prepare is when you actually have some time to do it. Rather than scramble during the start of the school year get a jump start with these tips to get organized:

1. Create an organized caseload list of your students. Include all information such as teacher's names, parents' names, emails, phone numbers, addresses, frequency and duration of therapy sessions. If you have all the information on one handy list it will make it much easier to contact the team members throughout the school year.

2. Check your caseload versus workload. It can be very difficult to stay organized if there is not enough hours in the day to complete your daily job. Try filling out this caseload/workload calculator to determine if your workload is appropriate. This calculator helps you to determine exactly how many minutes per week you are spending on different services including paperwork.

3. Use forms to streamline paperwork. It is much easier to stay on top of mounting paperwork with pre-made forms. No need to reinvent the wheel – Check out all these forms at <http://yourtherapysource.com/formsdata.html> to help manage school based therapy tasks.

4. Keep a calendar. The older I get the easier it is for me to forget everything! By keeping a calendar and to-do lists it helps me remember all the important things. Check out this Therapy Planner to get yourself started.

5. Leave time for paperwork. Don't forget to schedule paperwork time into your schedule. Perhaps the last few minutes of a therapy session you can jot down a quick note. Use a voice recorder following each session that transmits to text for you. Make it routine so it does not pile up on you.

Bonus tip – If you are a traveling therapist from school to school, get an organizer for your trunk to keep all your supplies neat and tidy.

What is your favorite tip to stay organized?



Therapy Planner 2015-2016
By: Your Therapy Source Inc

Summary: Download of materials to create a Therapy Planner for the 2015-2016 school year to help you stay organized. FIND OUT MORE at <http://yourtherapysource.com/therapyplanner.html>

WiiFit, Motor Performance and Cerebral Palsy



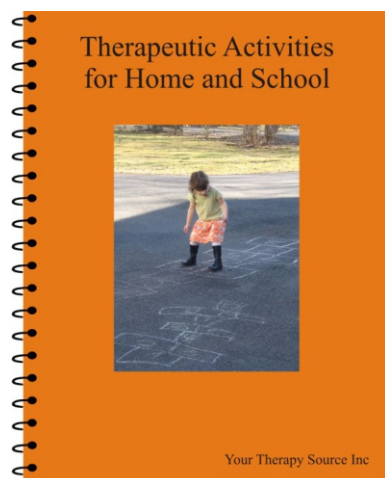
The *Journal of Physical Therapy Science* published research on the effect of training with Nintendo Wii Fit games on motor performance in 40 children with spastic cerebral palsy (6-10 years old and GMFCS Level III). Participants were divided randomly into equal groups: experimental group that practiced with the Nintendo Wii Fit game for at least 20 minutes/day for 12 weeks and the control group that underwent no training. The Movement Assessment Battery for Children-2 (mABC-2) was used to assess motor performance.

The results indicated the following:

1. significant improvements in the subscales of the motor performance test of those who practiced with the Nintendo Wii, while the control group showed no significant changes.

The researchers concluded that using motion interactive games in home rehabilitation is feasible for children with cerebral palsy.

Reference: AlSaif AA, Alsenany S.. Effects of interactive games on motor performance in children with spastic cerebral palsy. *J Phys Ther Sci*. 2015 Jun;27(6):2001-3. doi: 10.1589/jpts.27.2001. Epub 2015 Jun 30.



Therapeutic Activities for Home and School provides pediatric therapists with over forty, uncomplicated, reproducible activity sheets and tips that can be given to parents and teachers. Each activity sheet is written in a simple format with no medical terminology. The therapist is able to simply mark the recommended activities for each child. By providing parents and teachers with these handy check lists, therapists will be encouraging therapeutic activities throughout the entire day rather than time set aside for traditional home exercise programs. This book is a essential tool for all school based therapists to facilitate carry over of therapeutic activities in the home and classroom.

FIND OUT MORE AT <http://yourtherapysource.com/therexbook.html>

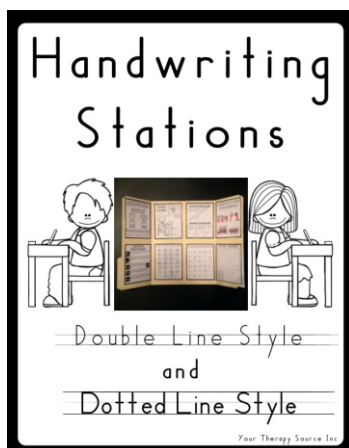
Discomfort During Handwriting

Human Movement Science published research on wrist-joint position, finger muscle length, grip strength and prolonged handwriting. The study looked at two groups – control group of 22 young adults ages 18-24 (no pain while handwriting) and 18 young adults who do experience pain while handwriting. Each participant completed a writing task for 30 min on a computerized system which measured the wrist-joint angle and documented handwriting kinematics.

The results indicated the following:

1. the participants from the in-pain handwriting group perceived more soreness and had a less-extended wrist joint, longer on-paper time, and slower stroke velocity compared to control group.
2. no significant difference in handwriting speed and quality was recorded between the two groups.
3. the wrist extension angle significantly correlated with perceived soreness.

Reference: Shao-Hsia Chang et al. Biomechanical analyses of prolonged handwriting in subjects with and without perceived discomfort. *Human Movement Science* Volume 43, October 2015, Pages 1–8.

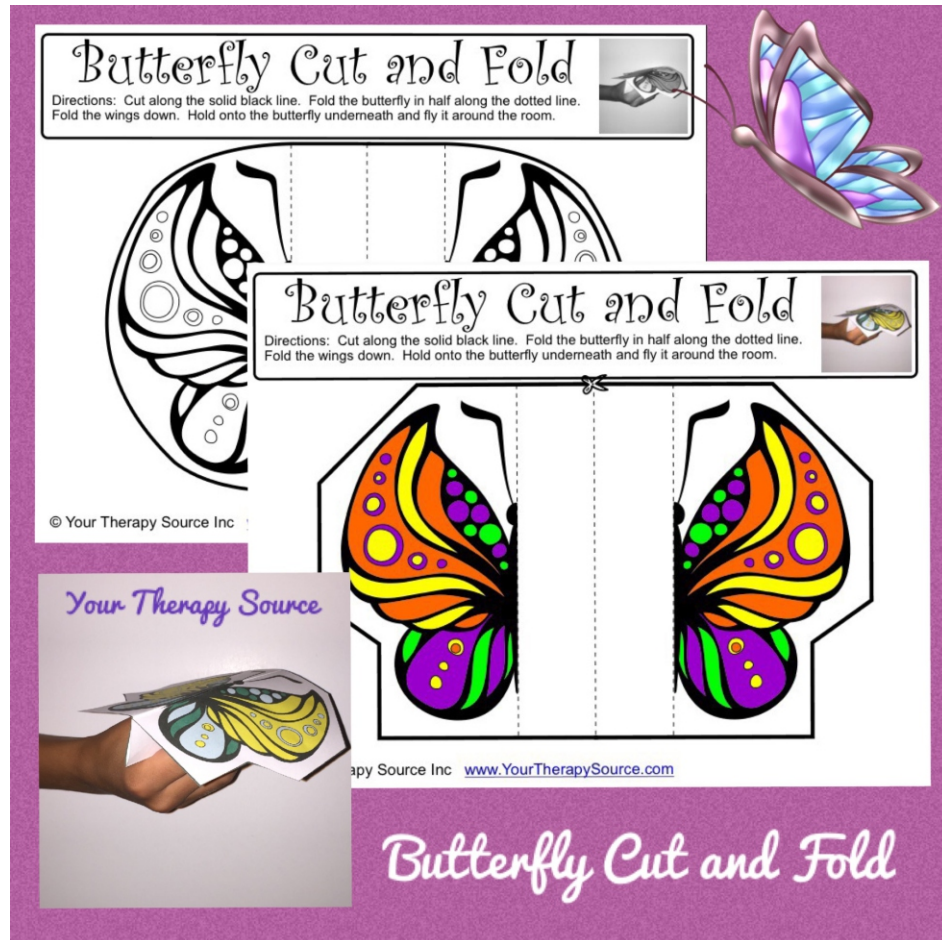


Handwriting Stations includes the materials to create a handwriting station on a tri-fold or in a folder. The station includes proper letter formation for capital and lower case letters, correct posture, pencil grip, warm up exercises, letter reversals tips and self check sheet. In addition, there are 27 worksheets for the alphabet and number practice (Handwriting with Tears® style and Zaner-Bloser® style).

This download is great for classroom use, therapy sessions or to send home with a student.

Find out more at <http://yourtherapysource.com/hwstation.html>.

Butterfly Cut and Fold



Butterfly Cut and Fold: Practice coloring, scissors skills and folding paper with this activity. This are two versions – rounded corners or angled corners to cut.

Available in black and white or color. You can download it here <http://yourtherapysource.com/freebutterfly.html>

All About Staying Calm Glyph



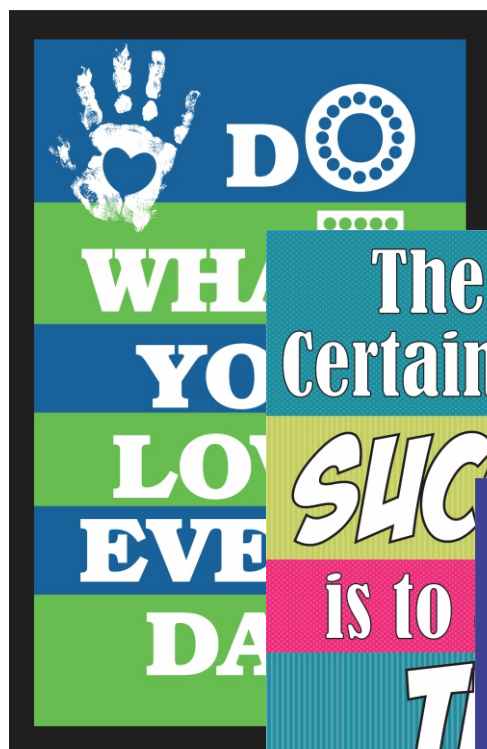
A glyph is a symbol or code that conveys information nonverbally. The student follows the directions to color and draw a visual representation of the his/her information. Students can then analyze the completed glyphs and compare everyone's information/preferences. A glyph is a nice alternative to written responses.

Here is a freebie from the All About Me Glyphs packet on All About Staying Calm.

You can download it at <http://www.yourtherapysource.com/glyphsmefreebie.html>

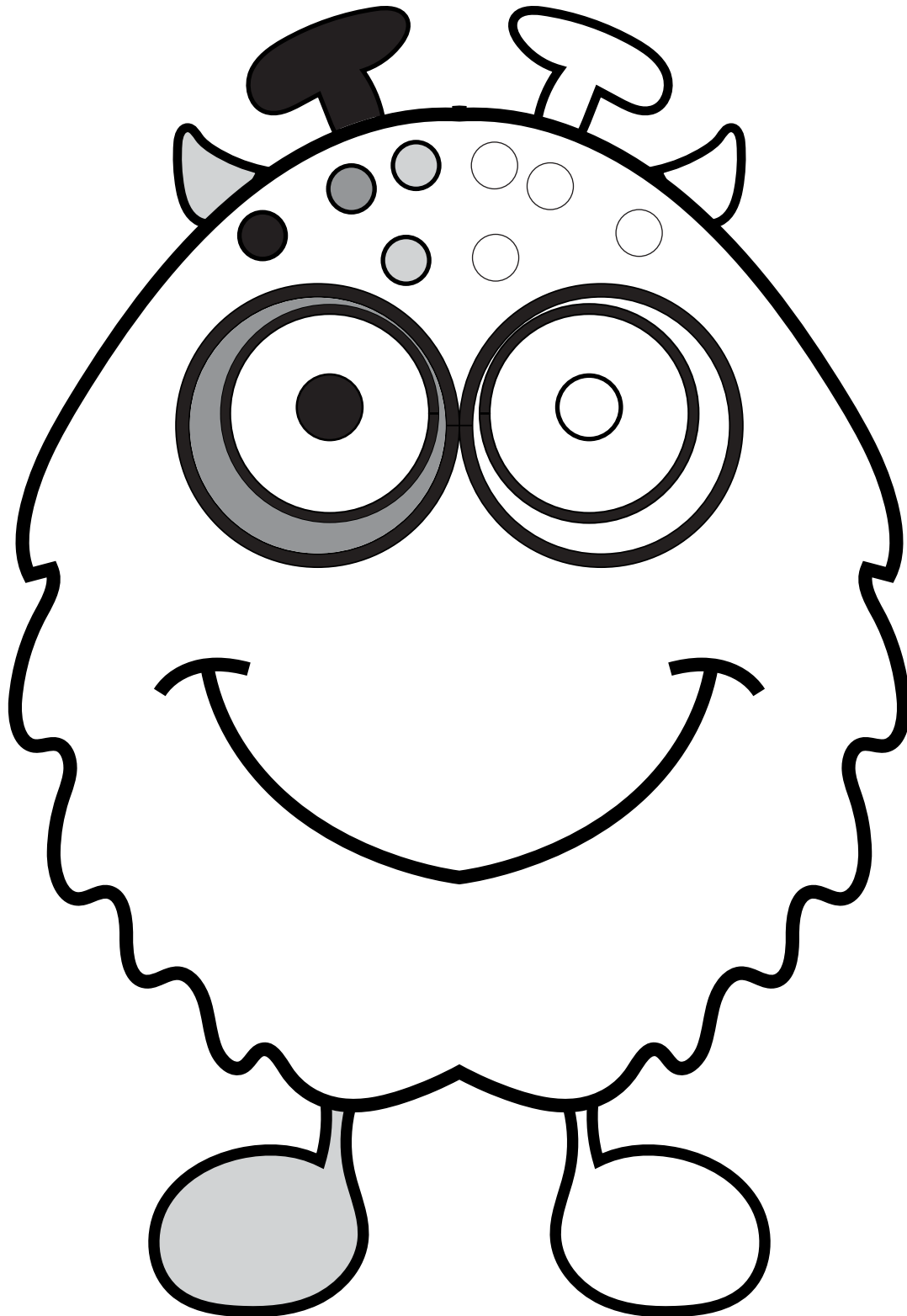
Inspirational Posters

Here is a new line of motivational posters that are new to the website. Each day this week I will highlight one of the new posters. They are each 11" x 17" full color high quality prints on heavy duty paper. If you need to help motivate your students, clients or yourself take a look at the new posters. They are only \$5 each! Shipment is only available in the United States. Would love to hear your feedback or maybe your favorite motivational quotes for more posters!



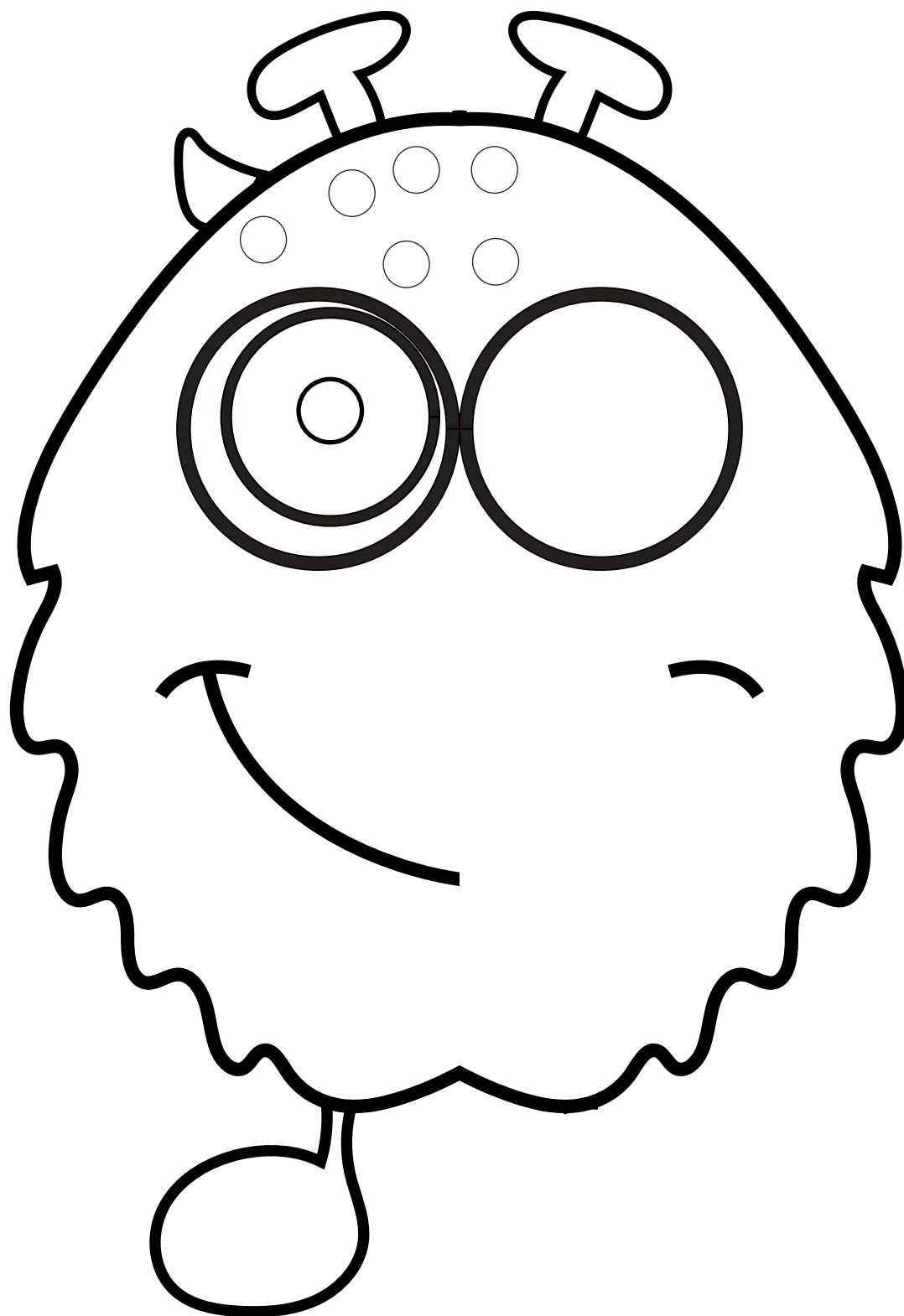
FIND OUT MORE AT
<http://yourtherapysource.com/motivational.html>

Directions: Shade in the right side on the monster exactly like the left side of the monster.



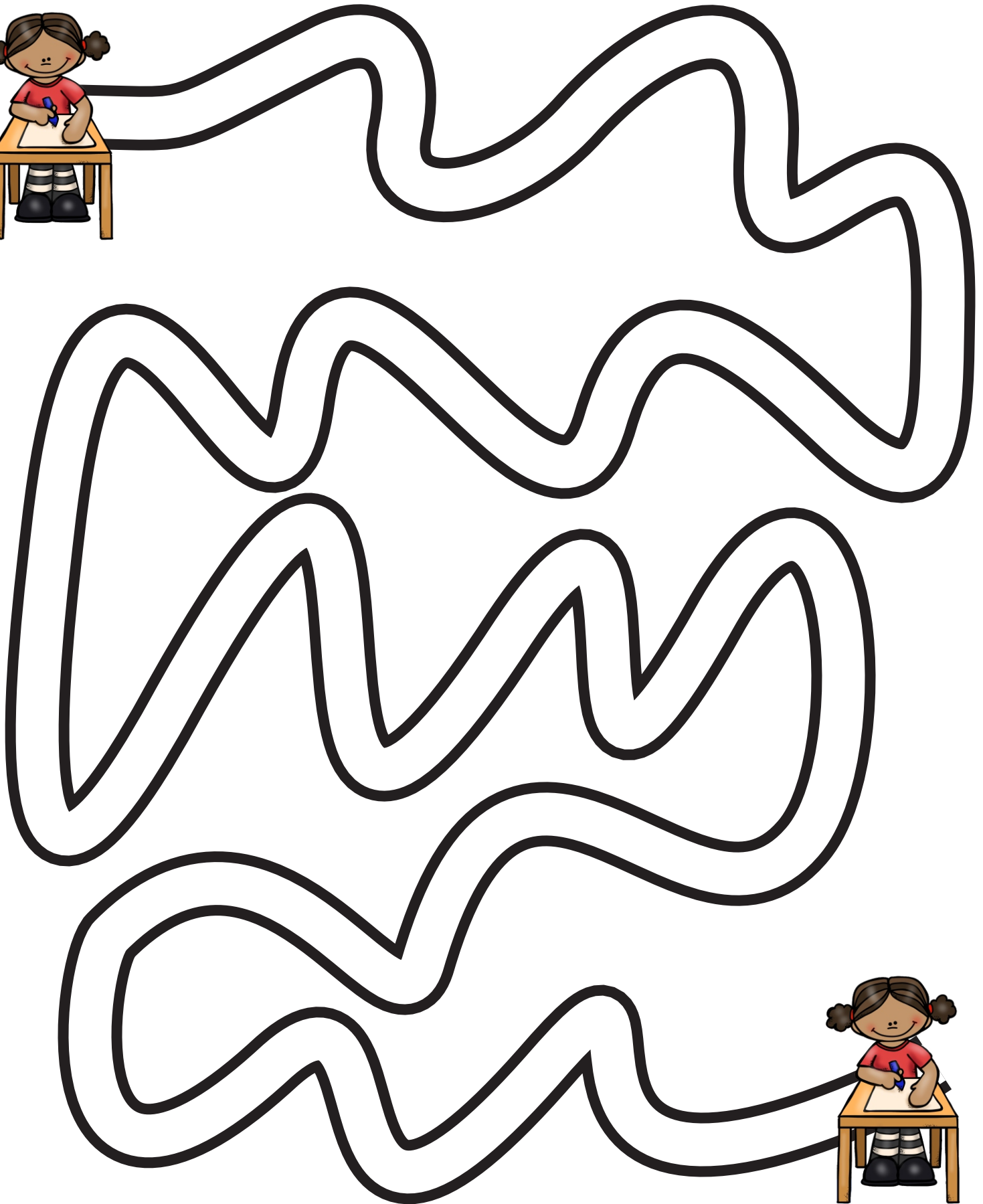
Download the entire Missing Monsters at www.YourTherapySource.com/missingmonsters

Directions: Finish drawing the missing parts of the symmetrical monster.



Download the entire Missing Monsters at www.YourTherapySource.com/missingmonsters



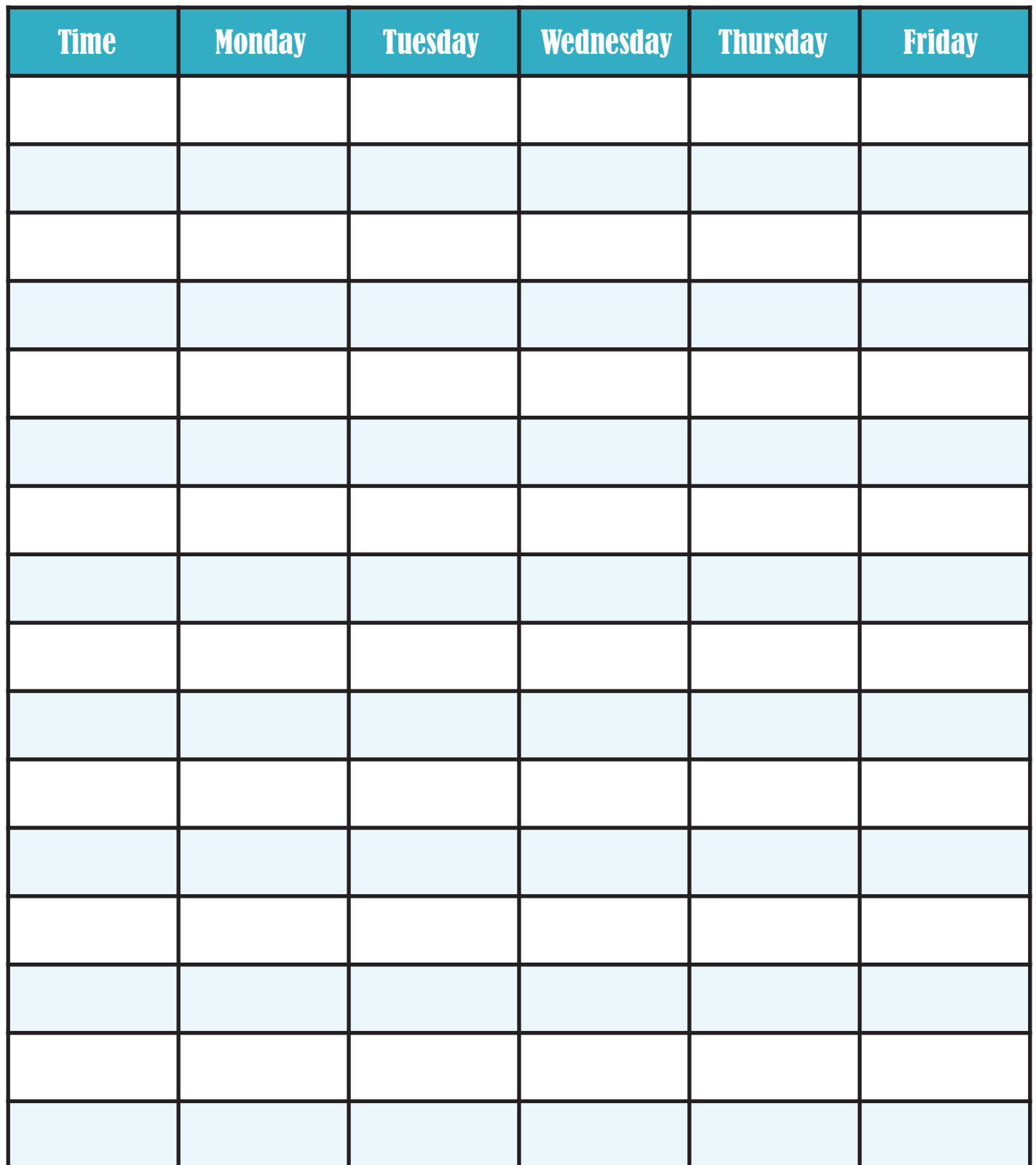
Draw a path for the student. Stay between the lines.



Draw a path for the student. Stay between the lines.



Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday

Visit www.YourTherapySource.com/therapyplanner for the complete download.

Your Therapy Source Inc.

www.YourTherapySource.com



**Visit
www.YourTherapySource.com**

for a full list of our products including:

- **documentation forms**
- **sensory motor activity ideas**
- **sensory processing resources**
- **visual perceptual activities**
- **music downloads**

We ship digital items worldwide for FREE!

Visit our website for FREE hand-outs, articles, free newsletter, recent pediatric research and more!

www.YourTherapySource.com