



# Your Therapy Source News

Digital magazine for pediatric  
occupational and physical therapists.

Issue 11 -  
March 2010

[www.YourTherapySource.com](http://www.YourTherapySource.com)

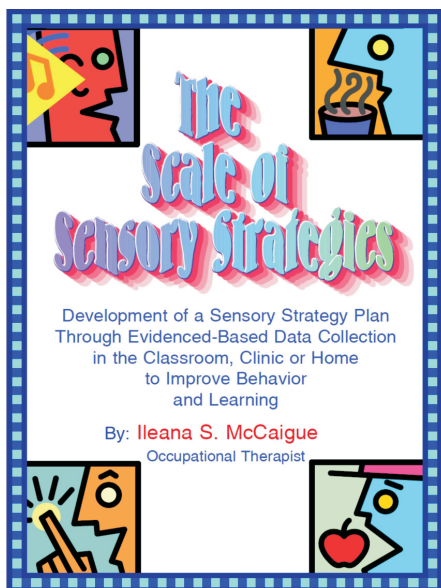
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Your Therapy Source Inc

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# New and Popular Products



**The Scale of Sensory Strategies** provides an evidenced-based plan of care with sensory strategies that will optimize a child's behavior in the school, home and community.

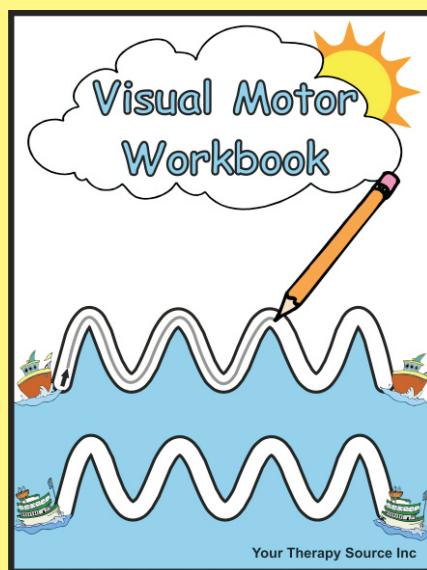
Enables automatic data entry within minutes using the Sensory Strategy Software program to generate a SENSORY STRATEGY SUMMARY, a narrative report that summarizes the data taken during sensory trials.

Creates a SENSORY STRATEGY PLAN with only the sensory strategies that elicited a positive response on the desired targeted behavior.

**The Tool Kit includes:**

- The Scale of Sensory Strategies manual
- Sensory Strategy Software CD
- 10 sets of Long Form A for Data Collection
- 10 sets of Short Form B for Data Collection

[www.YourTherapySource.com/soss](http://www.YourTherapySource.com/soss)



**Visual Motor Workbook PRINT edition:**

After numerous customer requests we are starting to provide more print versions of our most popular electronic books.

Here is the printed version of a collection of visual motor practice worksheets. Practice pencil control for vertical, horizontal, diagonal and curved lines. Practice drawing circles, squares, rectangles, triangles and hearts. Most of the visual motor worksheets are available in easy or more difficult versions - great for differentiated instruction in group settings. The worksheets are in full color.

**LIST PRICE: \$12.99**

[www.YourTherapySource.com/vmwprint](http://www.YourTherapySource.com/vmwprint)

# Youth Soccer and Injury Rates

T

he *American Academy of Pediatrics* has released a report on injuries in youth soccer. Soccer has a higher injury rate than many other contact sports such as basketball, rugby and even football in some studies. Players that are less than 15 years of age had a higher injury rate. Indoor and outdoor soccer has similar injury risks although there is a greater risk for knee injuries in outdoor soccer. Girls are at higher risk for knee injuries and boys are a greater risk for ankle injuries. Most injuries are minor resulting in a one week absence from soccer. The concussion rate for soccer players is similar to American football players and ice hockey players. This is most often due to collisions and not heading the ball.

The *American Academy of Pediatrics* has issued some guidelines to help practitioners:

1. Make sure rules are being properly enforced.
2. Knee injury prevention programs may be helpful i.e. neuromuscular and proprioceptive exercise programs.
3. Make sure field does not have holes or excessive uneven terrain.
4. Goalposts must be properly secured.
5. Teach heading of the ball only when the child has proper head, neck and trunk muscles to head the ball with the forehead.
6. Be aware of the signs of concussion.
7. Wear protective eye wear (mandatory for past history of eye injury or if only one functional eye).

The guidelines also stress that soccer should be encouraged for it can provide important physical activity time for children, young adults and adolescents.



Reference: Koutures, Chris G., Gregory, Andrew J. M., THE COUNCIL ON SPORTS MEDICINE AND FITNESS, Injuries in Youth Soccer Pediatrics 2010 125: 410-414

# 10 Ways to Celebrate OT Month in April

**T**here is a lot of buzz going around about OT Month. Here are 10 suggestions to celebrate OT Month in a school or pediatric setting:

1. Host the **Occupational Therapy Olympics** - invite school staff, parents and students to participate in the OT Olympics. Try relay races to get dressed, get down objects using reachers, wheelchair obstacle courses, scooterboard races, sculpt objects with clay and more.
2. Have an **OT Art Exhibit** - showcase OT projects that the children have made. Hang up signs next to each projects describing what skills the child worked on to complete the project.
3. Create an **OT Contest** - For example - Put a bunch of beads in a jar. Guess how many beads are in the jar. The closest to the number of beads wins an OT t-shirt.
4. Create an **OT Quiz** - Distribute an OT quiz with many questions regarding what OT is and how it helps children. Every person who fills out the quiz gets a small prize.
5. Do an **in-service** on the benefits of OT to the school staff and parents.
6. Plan an **OT Month Party!** - Allow the kids to vote on a party theme such as fine motor, sensory or activities of daily living. Create games around that theme.
7. Volunteer for the **Career Fair** at the school. Educate prospective college students on what OT is.
8. Have an **Adaptive Equipment and Assistive Technology Fair** - demonstrate different types of equipment that OT's recommend for students to school staff and parents.
9. Hang up a large **poster** in the hallway about occupational therapy.
10. If you do not have time for any of the above ideas here is the easiest - just ask to make an **announcement** over the loudspeaker of the school about OT month. Inform the school in a few sentences about occupational therapy.

Check out our motivational section on our website for certificates, awards and signs for occupational therapy at [www.yourtherapysource.com/motivationaldownloads](http://www.yourtherapysource.com/motivationaldownloads) .

## OT Month April 2010

[www.YourTherapySource.com](http://www.YourTherapySource.com)

# Recent Research on Sensory Processing

## Effects of Weighted Vests

*Focus on Autism and Other Developmental Disabilities* has published a research article on the effects of weighted vests on the engagement of children with developmental delays and autism. Three participants (who had previously worn weighted vests) were observed in three different conditions - no vest, vest with no weight and vest with 5% of body weight. Data was collected using videotapes of the different conditions and the effects on engagement and behaviors. The results indicated that the weighted vest did not change engagement or behaviors.

The authors state that the limited number of participants was a significant limitation of this study. The researchers recommend further research to determine the proper amount of weight to be added to a weighted vest for there are no standard guidelines.

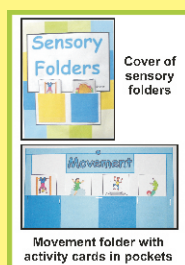
For a list of additional references on the use of weighted vests read the comments section on the blog at [www.yourtherapysource.blogspot.com/2010/02/effects-of-weighted-vests.html](http://www.yourtherapysource.blogspot.com/2010/02/effects-of-weighted-vests.html)

**Reference:** Brian Reichow, Erin E. Barton, Joanna Neely Sewell, Leslie Good, and Mark Wolery Effects of Weighted Vests on the Engagement of Children With Developmental Delays and Autism *Focus on Autism and Other Developmental Disabilities* 2010 25: 3-11

## Fragile X and Tactile Hypersensitivity

New research regarding Fragile X syndrome and sensory hypersensitivity to touch has been discovered. Using a mouse model, scientists have determined that there is a delay in the development of the sensory cortex that responds to touch. The mice showed a delay in the development of synapses in the sensory cortex. The researchers are hopeful that during this delay period a therapeutic intervention can take place to help lessen the symptoms of tactile hypersensitivity.

**Reference:** Northwestern University (2010, February 11). New clue why autistic people don't want hugs. ScienceDaily. Retrieved February 12, 2010, from <http://www.sciencedaily.com/releases/2010/02/100211121758.htm>



**Sensory Folders** - Print and create 3 sensory folders to encourage movement, focus and calming techniques.

[www.YourTherapySource.com/sensoryfolders](http://www.YourTherapySource.com/sensoryfolders)

# Motor Development in the Early Years

## Baby's Motor Development and Cognitive Scores

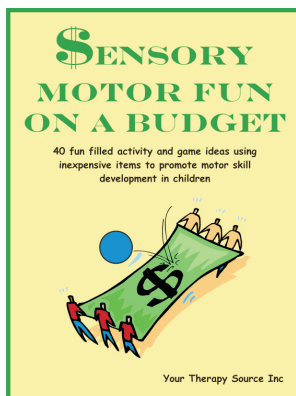
A large study by the Centre for Longitudinal Studies analyzed the data of 15,000 children in the United Kingdom. The data revealed that 1 in 10 children exhibited delays in gross and fine motor development at 9 months of age. The delay in motor development at 9 months was significantly associated with delayed cognitive development at 5 years of age. In addition, the delays in gross motor skill development at 9 months had a significant impact on a child's behavior at 5 years of age. The researchers also determined that a good mother child relationship significantly benefits the cognitive and behavioral traits of children in poverty.

**Reference:** Simple tests in babyhood 'could point to children who need help with learning' Retrieved from the web on 2/18/2010 from <http://www.cls.ioe.ac.uk/news.asp?section=000100010003&item=557>

## Plagiocephaly and Developmental Delay

The recent issue of Pediatrics reports on a study of 235 infants with plagiocephaly ("flat head" syndrome). The researchers found a relationship between plagiocephaly and developmental delay. Infants with plagiocephaly were twice as likely to exhibit developmental delays compared to the control group. They could not determine if one causes the other though. The investigators stressed that babies should still be put on their backs to sleep.

**Reference:** Speltz M, et al "Case-control study of neurodevelopment in deformational plagiocephaly" Pediatrics 2010; DOI: 10.1542/peds.2009-0052



**\$ensory Motor Fun on a Budget** - 40 fun filled activity and game ideas using inexpensive items to encourage motor skill development.

[www.YourTherapySource.com/budget](http://www.YourTherapySource.com/budget)

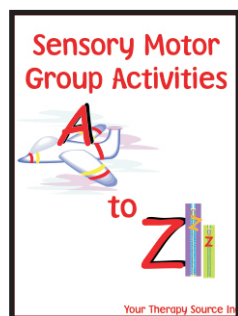


# Hot Topics

## Group versus Individual Sessions for Kids with DCD

A recent study in the Journal of Rehabilitation Medicine was published on motor skill training for children with developmental coordination disorder (DCD). Twenty three children with DCD (mean age 8 yrs 1month) were split up with 12 children receiving motor skill training in a group and 11 on an individual basis, one time per week for 8 weeks. Both groups also were instructed in home exercise programs. All children were assessed with the Movement Assessment Battery for Children. Following the 8 week program both groups significantly reduced their scores on the Movement Assessment Battery for Children. There was no difference between the two groups in MABC scores, home exercise compliance and parent satisfaction. The researchers concluded that group motor skill training may be a "preferred treatment option due to the associated cost savings."

Reference: Winnie W. Y. Hung, Marco Y.C. Pang Effects of group-based versus individual-based exercise training on motor performance in children with developmental coordination disorder: A randomized controlled study. Journal of Rehabilitation Medicine. Vol. 42/2010 (2): 122-128.



**Sensory Motor Group Activities A to Z:**  
Over 50 sensory motor group activities for every letter of the alphabet.

[www.YourTherapySource.com/atoz](http://www.YourTherapySource.com/atoz)

## Kids Need a Dominant Hand

Occupational therapists have long known the benefits of a child developing hand dominance. A new study published in Pediatrics reports on children with mixed handedness. A longitudinal study was performed in Northern Finland on 7871 children ages 7 and 8 and then 16 years old. The results indicated that children with mixed handedness are at a two fold greater risk for language, academic, mental health issues and ADHD symptoms. The authors conclude that mixed handedness could be a sign that a child is at risk for these problems.

**Reference:** Rodriguez, Alina, Kaakinen, Marika, Moilanen, Irma, Taanila, Anja, McGough, James J., Loo, Sandra, Jarvelin, Marjo-Riitta Mixed-Handedness Is Linked to Mental Health Problems in Children and Adolescents Pediatrics 2010 125: e340-e348

These pages are not intended to provide medical advice or physician/therapist instruction. Information provided should not be used for diagnostic or training purposes. Consult a therapist or physician regarding specific diagnoses or medical advice.



# Assistive Technology

## Ideas and Games for One Switch Users

If you work with any children or adults who are moderately to severely disabled you may want to learn more about one switch access. OneSwitch.org is a comprehensive website on: how to adapt electronic gadgets and computer controls for one switch access, ideas for one switch use, gaming suggestions and more. Worth a look at [www.oneswitch.org.uk/index.htm](http://www.oneswitch.org.uk/index.htm)

## iPod and iPhone Applications for Education

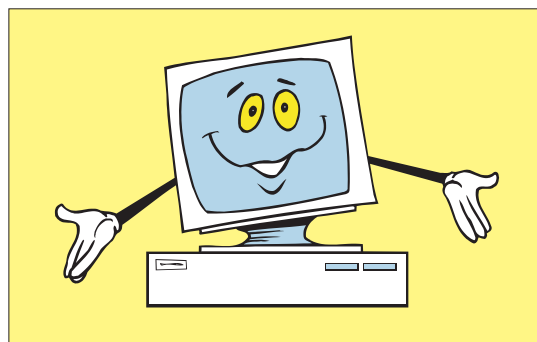
There are constantly new iPod, iPhone and soon to be on the iPad applications for education. It is hard to keep up with them all or find them even. Here are 2 great compilations of applications for education.

**EUSD iRead - <https://sites.google.com/a/eusd.org/eusd-iread/ipod-apps>**

**iphone and ipod applications for (Special) Education -**

**[www.scribd.com/doc/24470331/iPhone-and-iPod-touch-Apps-for-Special-Education](http://www.scribd.com/doc/24470331/iPhone-and-iPod-touch-Apps-for-Special-Education)**

Keep your eyes on our blog next month, we will be reviewing some iphone apps for fine motor skills and handwriting.



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# Fabric Creation

**Purpose:** This activity encourages fine motor skills and tactile input. Great activity for children of all abilities.

**Materials:** cardboard, glue, water, mixing bowl and fabric scraps of any kind (fabric, old clothes, stuffed toys, etc).

**Step 1:** Rip or cut your fabric scraps into different sizes and lengths.

We are using fun fur, cotton scraps, wool scraps and more to incorporate various textures.



**Step 2:** Mix regular glue with water: 1/2 glue and 1/2 water. Stir. Put newspaper on table to protect the surface.



**Step 3:** Pick a piece of fabric. Dip it in the glue. Squeeze off any excess glue.



**Step 4:** Lay the fabric down on the cardboard. You can lay it flat, bunch it up and twist it. Get creative.



**Step 5:** Let dry for 24 hours. Now you have a tactile board that is a piece of art, a bed for a stuffed animal or whatever the child chooses to create.



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