

NEWS FROM OUR OFFICE

Excellence in Upper Extremity Rehabilitation and Neuro-Developmental Therapy

Posture: It's More Than Standing Up Straight

When your mother told you to stand up straight, she may not have known it at the time, but not only was she ensuring you did not look like a slouch, but she also got you on your way to a healthier neurological and musculoskeletal system.

Adults in our modern world spend much of their day in static positions, whether it's at a computer, talking on the telephone behind a desk, or in our case as health professionals working across from or over patients. We have grown accustomed to being uncomfortable and being confined in our movement and what is the price of all of this? Bodies that lose their resilience and flexibility, loss of normal spinal curves, shortening of muscles and other soft tissues, compromised blood and nerve supply...and you guessed it...pain.

Successful, long term resolution of musculoskeletal pain depends on accurate diagnosis of peripheral problems, but also remediation of postural issues, which often times set the stage for the peripheral pain. Working on a peripheral pain issue and ignoring the postural structure of the individual is like a construction crew fixing cracks in the floor and re-hanging doors

without correcting the foundation that has shifted after an earthquake.

Good posture is essential to maintaining adequate structure and support to the rest of our body. Blood and nerve supply does not flow well to the upper extremities when there is loss of the normal curves of the cervical and thoracic spine.

This slowing down of circulation and nerve conduction can significantly increase a person's risk of developing more distal nerve entrapments and soft tissue conditions.

As health professionals and healers we need to look beyond the site of pain and ensure we are setting our patients up for longer-term resolution of their symptoms by providing them with the tools to take care of what may be the more remote cause to their pain and dysfunction. Lengthening shortened tissues, strengthening of scapular stabilizers, realigning and creating aware-

ness of spinal alignment and facilitating more flexibility of the spine and trunk will take the patient a long way towards freedom from aches and pains, and allow them to move through their daily life comfortably.



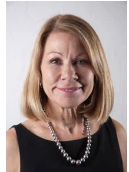
Julia Grover, OTR/L, C HT

Central Hand Therapy, PC and SACOTA provide the opportunity for patients to participate in *Feldenkrais® Awareness Through Movement®* lessons each Friday morning from 8am-9am. Bonnie Angelie, RN and *Feldenkrais®* Practitioner, facilitates good posture through a series of movements meant to draw awareness of skeletal alignment, over-use of the musculoskeletal system and asymmetry. Movements are gentle with a focus on using as little effort as possible and can be done by people of all ages and fitness levels. Used as an intervention for many different types of musculoskeletal conditions, *Feldenkrais®* is an effective technique for changing the way a person uses their body.

SPECIAL POINTS OF INTEREST:



Sue Schroeder, OTR/L is our new Occupational Therapist. Hailing from Chicago with 35 years of experience, Sue worked as a senior therapist at the Rehabilitation Institute of Chicago. Sue is primarily providing coverage for our school based contracts and outpatient pediatric service, but is also spending some of her time in the hand clinic.



Jeanette Blanck is our new Practice Manager. She is not new to the Tucson area and most recently worked as a coding specialist for Humana Healthcare. Jeanette will be visiting offices to introduce herself, market our services and to say thank you for referrals.

Media: A Negative Influence on the Developing Nervous System

Specializing in the treatment of Sensory Processing Disorder we see many children with neuro-developmental issues.

Regardless of the interventions we chose to use with the child, what

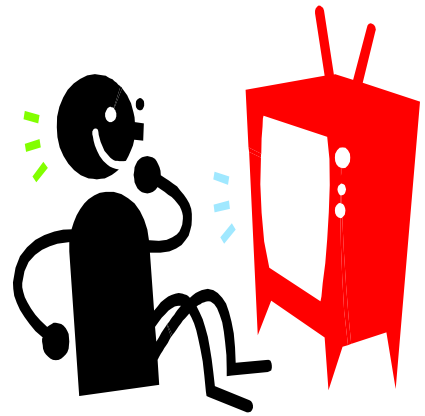
happens in the child's home environment has a big impact on their developing nervous system. Use of media in the home has a particularly negative impact on brain development for the following reasons:

- TV, computers and video games do not encourage reciprocal communication between people and compounds social isolation.
- Passive viewing and passive participation does not encourage sensory system development and disrupts the natural rhythm of child by means of artificial and canned visual and auditory input.

- Unless a child is using their body in some way, they are not developing normally.
- According to Carla Hannaford, PhD, electromagnetic fields (EMF's) given off by media devices interfere with the child's own frequency causing stress, irritability and addiction to the media device.
- Stress from TV viewing can increase levels of adrenaline and cortisol in the child's system. This can interfere with the child acquiring adaptive behaviors and mental flexibility.
- Children need to develop imaginative play skills in order to fully develop expressive language, empathy and problem solving skills. The more time a child spends in front of media for entertainment the less time they are expanding their brain through imaginative and reciprocal play.

- The negative images and themes media relay can have a negative impact on the developing brain of the young child.

Although it is unlikely most people will throw away their television sets and computers, we can recommend limiting the amount of time their child spends interacting with these devices.



2nd Annual
River Bend Farm & Craft Fair

Free Admission
Saturday, December 4th from 10am - 4pm

Farm Tours • Tractor Hay Rides • Farmer's Market • Raffle • Puppet Plays
Unique, Hand-Crafted Gifts • Food & Entertainment
Hands-On Craft Workshops • Traditional Games & Crafts for Children

Tucson Waldorf School & River Road Gardens
3605 E River Road
529-1032
www.tucsonwaldorf.org

WORKING HANDS GROUP:

Starting Thursday, November 18, 2010, for children ages 8—13. Group will encourage appropriate social communication and help facilitate improved neurological and physical function through rhythmic and purposeful working tasks, group dynamics and process. Using a farm environment as the landscape for this group, and simple farm tasks as the medium, children will work with adults and their peers.

Location: 3605 E. River Road, River Road Gardens at the Waldorf School

Time: 1st & 3rd Thursdays 3:30pm—4:45 pm

Website: www.riverroadgardens.com

Patient Spotlight:: Meet Mary Murphy

Mary Murphy started at Central Hand Therapy in April 2010 after suffering a stroke in November 2008, leaving her with hemiplegia of her left upper extremity. Mary's progress has been so successful we asked her if she would share her journey and experience with the therapy she has received at Central Hand Therapy.

1. How has the therapy you received at Central Hand Therapy been different from what you had received in the past?

"Central Hand Therapy is a smaller, quieter atmosphere with more personalized attention paid to the patient and her particular deficits. The therapy is directed to the specific problem rather than some generic exercises."

2. What has been the biggest achievement made possible through your therapeutic work?

"Central Hand Therapy has boosted my self-esteem and made me aware that my hand is important and has energized (motivated) me to work harder. The therapy has given me the answer to what helped my thumb move. Taping my shoulder has helped me regain strength in my shoulder and helped me relax my muscles so they will work more efficiently. My therapist has helped me become aware of how to be in touch with my body structure. Also, my therapist has taught me how to relax my muscles so they can work more efficient and become stronger. I have seen results in areas of balance, posture, flexibility, and feel that the therapy program has really helped me do more things in gravity, have more confidence in my daily living skills at home, and has allowed me to build more muscle tone."

3. What suggestions do you have for other patients who have had strokes? (Words of Wisdom)

I would recommend to anyone who has had a stroke and suffers deficits in the hand and arm that they should:

- Always keep a positive attitude and realize that therapy will help.
- Allow yourself to be open, accepting, and relaxed with the therapy and you will see the results.
- Regaining movement and retraining the mind takes time.
- Always have a positive attitude, don't say "I can't gain any more", because you can gain more if you keep working at it.
- Participating in Feldenkrais has improved my overall balance, posture, and flexibility. I'm pleased with the results I'm feeling since I started the Feldenkrais program.

Central Hand Therapy thanks Mary for sharing her journey.

THINGS WE *LOVE*:

River Road Gardens —*Fresh organic and biodynamically grown vegetables*—

Buy shares:

www.riverroadgardens.com

Book Recommendation

Simplicity Parenting by Kim John Payne, M.Ed.

A must read for parents, and anyone who works directly with children and families.





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WE'RE ON THE WEB! CHECK
US OUT!

www.centralhandtherapy.com

Barnyard Fun!

Barnyard Fun! is an optional Occupational Therapy Program for children ages 3—6 years of age. Children must be actively involved in occupational therapy services at Southern Arizona Community Occupational Therapy Associates and have attended a minimum of two private sessions prior to participating in Barnyard Fun! Space is limited so please contact our office to find out if this program is right for your child.

WHEN: First Saturday of each month from 10:00 am - 11:15 am

THEMES:

January—Winter
February—Wild Birds
March—Spring
April—Bunnies
May—Barnyard Animals
June—Summer
July—Water
August—Horses
September—Desert Animals
October—Fall
November—Earth/Mother Nature
December—Sleigh Ride

