Why is Physical Therapy Important?

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• We are trained to be “Movement Experts”
  • Our background is in muscles, physiology, the nervous system, and function
  • Problem solvers
  • We are people people people
• PT’s are specialists at adapting and modifying activities and environments

#PPMDConference
Assessments Are Important

- Assessments give us information about your child
- Helps us to develop a plan of care for your child
- Identifies critical periods of time
  - Alerts us to change
Stretching Instruction How To

- Is stretching important for your child?
- What are the benefits of stretching?
  - There are more benefits than range of motion
- What to stretch and for how long?
- Fitting stretching into your routine – it can happen, let us help! 😊
Night Splints – Provide a Maintained Stretch

- Night splints are for longer periods of time
- They may assist positioning and flexibility
- When should your child wear them?
  - What if he says NO!
Exercise - Moderation

• Moving and participating are important for your child's physical and emotional health

• What kind of exercise is best- let us help you figure it out 😊

• Modification

• Know the precautions
  • Don’t Overdo!!
Equipment – Needs Vary

- When is the right time to consider equipment?
- PT’s can assist with evaluating the needs of your child
  - Justification of equipment – Letter of Medical Necessity
- Different pieces of equipment offer different things for your child
- Make sure it is right for your child and your family
Transitions – We Can Help

- Transitions dictate change
  - Care
  - Environments
  - Positioning
  - Equipment
  - Exercise

"Alexa, lock the door"
1. Physical Therapists are “Movement Experts”
2. Movement is good
3. Stretching – may help your son stay flexible
4. Night splints-provide a maintained position
5. Exercise – moderation and modification
6. Equipment – needs vary, timelines vary
7. PT can help!

Consult a Physical Therapist — find out what is best for your child and family and what fits your routine!
Questions?
Thank you!

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