



NORMAN REHABILITATION & MEDICAL CENTER
THE OPTIMAL ASSOCIATION FOR A REHABILITATION

NEWSLETTER

SECOND QUARTER 2007 EDITION

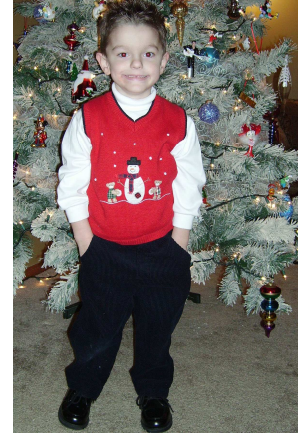
On the way to Rehabilitation after Spider therapy

We would like to share with you some of the achievements of our patients after Spider therapy. Jacob Hostetter has taken our program twice. His second visit was on October of 2005, he is a six year old boy, energetic, funny, and great to be with. He loves to have an apple after his exercise routine every day.

Just on Thanksgiving Day we received an e-mail from his parents Denise and Chuck saying: "We have some wonderful news Jacob took 8 steps all on his own and is able to stand for about 60 seconds at a time! We are so proud of him and all his hard work"

The second good news came in the beginning of March 2007, Denise said: "We do still have some great news Jacob took 16 steps all on his own. He was so proud of himself and keeps practicing when we are home". Jacob's parents plan to come back to Norman Center this summer for him to continue working hard on SPIDER.

We will be delighted to have you again Jacob. Keep working hard and we'll make sure we have apples for you!



Orthopedic Manual Therapy: for the treatment of children with CP, and at the Norman Center

OMT (Orthopedic Manual Therapy) is a great complement used in our program at Norman Rehabilitation & Medical Center, says Wojtek Kosiński P.T, who just recently attended to a CE course in Poznań, Poland. OMT has given excellent results in combination with the exercises in SPIDER. Here are some of his opinions.



For about half a year our Physical Therapists have added a new method of physiotherapy. It is called Orthopedic Manual Therapy and was created by K. Levitt and O. Ejventh. It has been well known across Europe for about 50 years and is very useful in all orthopedic cases that involve muscle pain, disorders of joint functions, and neurological problems.

We use OMT as a backup of our major therapies such as NDT Bobath or PNF. We think that during the intensive treatment some muscles might get tired or too tight, a regular effect of every intensive muscle treatment. Using OMT we are able to relax those muscles. We can also do some traction of the joints which brings relief and better work of them.

To sum up, we find OMT a very useful method. Thanks to OMT the work of our patient is more safe and effective and so are the final results of our whole treatment.

-Wojtek Kosiński, PT
Norman Rehabilitation and Medical Center

Parents and professionals in the medical field talk about “SPIDER” in different forums about Cerebral Palsy.

People share experiences, comments, and exchange information about the different programs of therapy for CP and other neuromuscular disorders. Some comments about “Spider therapy” are in the following links:

By: Esther DeRu P.T <http://www.wcpt.org/smfforum/index.php/topic.184.0.html>

By: Susie Bennet <http://livingwithcerebralpalsy.com/page.php?pg=244>

By: Cerebral Palsy Source
http://www.cerebralpalsysource.com/News_and_Articles/spider_therapy/index.html

By: The Cerebral Palsy Network
<http://www.thecpnetwork.org/spider.html>

By: Lewis Mehl-Madrona, M.D., Ph.D.
<http://www.healing-arts.org/children/cp/cpspider.htm>

By: Jenna Nielsen
<http://www.colfaxrecord.com/articles/2006/11/02/news/community/04help.txt>

We have also included a page of links in our website for you to find helpful information.
<http://www.alanspider.com/Links.html>

Living life to the Full

Our friend Susie talks about her experience and new achievements since she started using a reciprocal walker.

Things seemed to go from strength from the day I started to go up in my lift on my frame rather than using my wheelchair. It’s surprising how much more space I have and I feel more in control walking to and from my bed. The more I did it, the stronger I felt and still feel it over the days that followed. I started to feel the floor more when standing and I started to stand for longer but also to my joy, I started to balance without holding my frame. Ok, when I first tried it I wobbled a bit but I worked and worked at it and yes, you guessed it, I had cracked it and there I was, standing by myself briefly at first, but I slowly built this up and now I can stand for quite a while and its great. Many things in my life were standing to become easier by the day and the next thing that I had managed to do was to put my socks and shoes on. 15 minutes had gone by but I had done it. I had my socks on and I had done it on my own for the first time since my leg was fused. Okay it was 15 minutes but what’s 15 minutes when I had achieved it!!!!



-Susie Bennett <http://blog.myspace.com/susieandcerebralpalsy>

For more information on therapy at Norman Rehabilitation and Medical Center, please feel free to visit our website at www.alanspider.com