



Physical Therapy

Occupational Therapy

Speech-Language
Pathology

Aquatic Fitness

Athletic Training

Personal Fitness



Referral / Contact
Information:

207-474-7000

Fax 207-858-4772

Prompt appointments

Flexible times

Quality care

Outpatient Clinic:

Hours: Mon-Thur 7-5

Friday 7-4

Pool & Fitness Center

(down below clinic)

Hours: MWF 7-5 pm*

Tues & Thurs 7-7pm*

*Special summer and winter
hours along with weekend
swim classes throughout the
year.

Rehab Rounds

Redington-Fairview General Hospital
46 Fairview Ave, Skowhegan, ME 04976

Rehab & Fitness Services
(207) 474-7000 FAX 858-4772

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More Tummy Time, please!

Health professionals have been noticing that babies are no longer following the traditional baby-book motor development timetable. The expected time for head turning, rolling over, coming up to sit, creeping to stand, and walking are increasingly delayed or omitted all-together as in the case of a baby moving from sitting to toddling without the creeping stage.

A 2008 national survey of pediatric therapists discovered that two-thirds of therapists reported an increase in early motor delays over the past six years. The occupational, speech and physical pediatric therapists surveyed attribute the delays in reaching critical first year physical milestones to the lack of time babies are spending on their bellies while awake. For some time now, the mantra for early childhood professionals and parents has been "Back to sleep; front to play." The need to keep children sleeping on their backs has been well supported by research showing a 40% reduction in Sudden Death Syndrome. But recently, the need to spend more awake time on their bellies is becoming much more evident. Though newborns to three months old can not actually play on their tummies, parental assisted tummy time can be crucial for many developmental reasons. The pressure on their upper trunk and rib cages promotes respira-

tory expansion, oral motor desensitizing, as well as strengthening of the shoulder girdle. Tummy time provides proprioceptive feedback for development of mobility, strength and control of arm, forearm, hand and pelvic musculature. Babies' concept of depth perception and orientation in space is also developed during this early infant prone position. "Not only infants, but children of all ages benefit from engaging in activities while in the prone (tummy down) position,"



states Meghan Fortier, an OT at RFGH Rehab & Fitness Services who specializes in sensory integration therapy. "By revisiting early sensorimotor play in the prone position, we can help children establish or refine the foundation skills of movement upon which more complex and integrated movement patterns can be built," she says. Pediatric PT Lauren Williams advocates the same. "We instruct parents and children to include prone positions like swinging on their belly or "wheelbarrow" walk as part of their home exercise program." Pathways Awareness, the non-profit organization that conducted the survey,

recommends supervised tummy time starting as a newborn. This can start as a few minutes or even seconds per day and work up to an hour in total by the time chil-



dren are 3 months old. They recommend the following "Five Moves for Baby's first Workout":

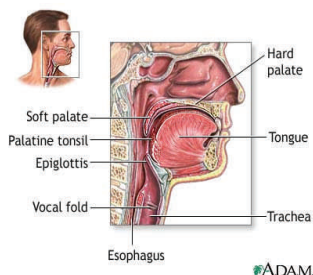
1. Lap Soothe: Lay your baby across your lap with tummy down.
2. Tummy-to-tummy: Lie down on the floor and place your baby on your tummy or chest.
3. Tummy down carry. When walking around the house, carry your baby face down on his tummy.
4. Eye-level smile: Move down to your babies' level to look in his eyes.
5. Tummy minute. Incorporate tummy time in daily routine.

For more information regarding this topic, log on to www.pathwaysawareness.org; contact your child's pediatrician; or call Lauren Williams, PT, or Meghan Fortier, OT, at RFGH Rehab & Fitness Services.

What is that lump in my throat?

For most people, the act of eating and swallowing is thoughtless — a routine physical act focused squarely on the “what” rather than on the “how.” However, for patients with dysphagia, meal times often turn into more of a question of what’s going on? Dysphagia, or difficulty in swallowing, can pose numerous problems for both adults and children, including compromising nutritional status, increasing risk of aspiration pneumonia (and related morbidity and mortality rates), and undermining a person’s quality of life. Causes of dysphagia can be many — neurogenic (stroke, TBI, Parkinson’s Multiple Sclerosis, Cerebral Palsy, Huntington’s disease, ALS) and/or obstructive in nature (esophageal strictures, tumors, etc.). But one common symptom reported by patients **who do not present with any other neurological or respiratory complication or apparent health problem** involve the sensation of lump in the throat

that makes it difficult to swallow. This sensation — commonly referred to as a “globus pharyngeus” — can be momen-



tary, or at times extend to well beyond a given meal time. Frequently, these patients experience a sense of choking or gagging during meals with spitting or coughing out foods just swallowed a common result. Etiologically, and in the absence of concurrent symptoms, the “lump in the throat” sensation is often linked to one of the following physiological events:

- Reduced or delayed pharyngeal peristalsis resulting in residual bolus in the valleculae or pharyngeal

sinus cavities. Or the bolus is held up by a delayed relaxation of the upper esophageal sphincter (UES).

- Referred sensation from a restriction or blockage of the esophagus via stimulation of the Vagus cranial nerve.
- Psychogenic origin (globus hystericus) linked to stress, depression, and/or other mental states affecting CNS function.

Proper assessment and identification of the cause of the globus sensation will determine treatment options and is best accomplished through a combination of clinical evaluations by a physician and a Speech-Language Pathologist (SLP) trained in swallowing disorders. It may involve visualizing a person’s swallow in real time via use of traditional fluoroscopy — either a Modified Barium Swallow study (MBSS) or a regular barium swallow study (or both). In some instances,

Estimates are that dysphagia affects 7% - 10% of adults over 50, and 14% of adults over 60, conservatively, since many related symptoms are thought to go unreported by patients.

direct endoscopy of the pharynx is needed to rule out tissue changes. Depending on the evaluation results, treatments may involve simple changes in eating behaviors, changes in swallowing position, or training in exercises designed specifically to promote greater pharyngeal peristalsis. In some cases, though not as common, surgical options may be indicated to facilitate proper cricopharyngeal opening and/or improve esophageal passage. Consult with a physician or SLP for more information.

A Healthy Holiday: A gift to yourself!



Don’t let the busy holiday season add more stress to your life. Continuing your exercise program and healthy eating will be the best gift of all. Reasonable eating will give you peace of mind. Don’t try to diet during the holidays; focus on maintaining. Skipping meals to “save up” for a party is not a good idea. Instead, have a small healthy snack before going to the party, choose smaller portions, and alternate a glass of water between your holiday beverages. The need for exercise at this

time of year is, perhaps, more than at any other time in order to burn those extra holiday calories and lessen the stresses of a busy schedule. Even the most dedicated person can be thrown off by social events, shopping, Christmas parties, and family visits. How can you fit exercise in with a more demanding schedule? Circuit train by using exercise stations and/or sets of cardio and strength and cut your workout time down to 30 minutes. This full body workout will get you all you need in less time.

Because this is a shorter workout you can increase your intensity and double the amount of calories burned. Stress is lowered by using more repetitive exercises; you can let your mind go by not having to think about what to do next.

IN THE POOL...even better! While working at a higher intensity, the water’s qualities will lessen the impact on the joints and reduce the risk of injuries all while providing an excellent cardiovascular and muscular

challenge. Circuits can be done with lap swimming, water walking, and water fitness classes. Then “TAKE FIVE” — just 5 minutes of floating in the water is a great natural relaxant.

So enjoy the holidays by inviting family to exercise with you and finding ways to exercise for FUN!

