



The Child Development Center of Colorado Springs, Inc.

Newsletter

Fall 2008 Issue

The President's Council on Physical Fitness and Sports began in 1956, under the administration of President Dwight Eisenhower. President Eisenhower initiated the first ever national testing program of school-aged children to determine levels of fitness. What began as an excellent measure of personal fitness and health has developed into **The Active Lifestyle Program**. This program incorporates fitness into everyday activities and is as easy as making a commitment to stay active.

The Active Lifestyle Program includes four important steps:

1. **Choose an Activity:** Any physical activity where you are using large muscle groups and burning energy
2. **Get Active:** Meet your daily activity goal, 30 minutes per day, 5 days per week, for 6 weeks.
3. **Track Your Activity:** Keep track of the time you spend on activities
4. **Earn Your Reward:** When you reach your goal give yourself a reward!

There are many ways to get active everyday! Activities include taking a walk, playing basketball or tennis, aerobics, household chores, and many others. Be creative with your active choices, the more choices you have the less likely you will get bored and stop being active.

As you begin to get active, whether it be with team sports or individual activities, remember to take precautions to prevent sports-related or over-use injuries. The American Physical Therapy Association offers the following recommendations:

1. **Shoes, Sunscreen, and Safety Gear:** Always wear safety gear such as shin guards, mouth guards, helmets, and safety goggles. Wearing safety gear is the best way to avoid a sports-related injury. Make sure shoes, cleats, or sneakers fit properly, provide good support, and are not worn out.
2. **Training comes first:** You need to be in shape to play, not play to get in shape.
3. **Nutrition and Hydration:** Always remember to drink water before, during, and after exercise to prevent dehydration. High quality nutritious foods will help increase energy, performance, and strength.
4. **Warm-up and Cool-down:** Take the time to ease in and out of exercise. Warm-up and cool-down activities such as light jogging and stretching can minimize the chance for injury.
5. **Stop when it hurts:** If you love playing sports and exercising you may be tempted to play through the pain... **DON'T DO IT.** Your body has pain for a reason, it is a signal that something is wrong and you need to stop.

In honor **PHYSICAL THERAPY MONTH**, the *Child Development Center of Colorado Springs* is hosting a **President's Challenge** in October. Patients at the *Child Development Center* can stop by the front desk and pick up a packet to get started. Awards will be given to children who get active and stay active for 6 weeks, with the program running from October 1st to December 1st, 2008. Talk to Emily Gaylord DPT, a physical therapist here at *CDC*, to learn how to modify activities to fit each child's needs. Our goal is that each child at *CDC* be able to participate in **The Active Lifestyle Program**. **GET OUT AND GET ACTIVE!**

Experience Counts!

We've Been Making a BIG Difference in Little Lives since 1988

3090 N. Academy Blvd., Colorado Springs, CO 80917
(719) 574-8300 Fax (719) 574-9547

We're on the Web!

See us at:

www.cdcpedsrehab.com

New Hours:

Monday
8 am – 6:00 pm.

Tuesday – Friday
8 am – 6:30 pm



**Child Development Center
of**

Colorado Springs, Inc.
3090 North Academy Blvd
Colorado Springs, CO 80917

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Who is at the Child Development Center of Colorado Springs, Inc.?

We are Occupational, Physical, and Speech/Language Therapists who specialize in treating children age birth to 18. We provide one-on-one rehabilitation programs for children with developmental disabilities, autism, sports injuries, orthopedic injuries, speech or language disorders,

feeding disorder, learning disabilities. Sensory integration and sensory processing disorders ... just to name a few!

Occupational Therapists:

Tami Lamphere, OTR,
Cindy Stroup, OTR
Kirsten Brandt, MOTR
Tamie Saiki, OTR

Physical Therapists:

Banba Swicker-Lipton, PT
Allyson Kelley, PT
Emily Gaylord, DPT
Rebecca Gray, DPT

Speech Pathologists:

Julie Nelson, MS, CCC-SLP
Shannon Younkin, MA, CCC-SLP
Sarai Granados, MA, CCC-SLP
Amber Schroeder, MS, CCC-SLP
Carmen M. Heiter-Winer,
MS, Ed, CCC-SLP

INSURANCE

Do you have questions about your patient's insurance coverage? Call us! Our friendly and knowledgeable billing staff will be happy to help you

You can also send an E-mail with your question to:

info@cdcpedsrehab.com

The Child Development Center is a provider for most major insurance companies.

Specialized Sensory Integrative Treatment Offered:

Interactive Metronome (IM) -

IM is a brain-based assessment and training program developed to directly improve the processing abilities that affect attention, motor planning, and sequencing.

Brain Integration – Brain Integration Therapy includes exercises and repatterning methods to promote coordinated use of all the senses.

Therapeutic Listening Program – TLP is an auditory modality that uses electronically altered sounds to impact the nervous system.

Wilbarger Deep Pressure

Technique – The Wilbarger Technique is a protocol that incorporates use of a soft surgical brush and joint compressions completed as part of an intensive home program. The purpose of this technique is to improve the child's overall ability to respond appropriately to the various sensory events in his/her life.

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