

NewsWorks

TherapyWorks Quarterly Newsletter



Working Wonders in Children's Lives

Winter 2011

Toe Walking Causes and Treatment Closely Related

Toe walking, or when a child walks on his or her tiptoes, is a fairly common occurrence and can often be difficult to treat.

Both evaluation and treatment of these children are often frustrating for all involved and frequently results in inaccurate evaluation with ineffective intervention and poor achievement of results. Long term results are rarely achieved and result in surgical intervention and/or a reoccurrence of the problem.

“Taking a thorough and knowledgeable approach to treating this type of problem can be made less frustrating and more rewarding by asking the right questions and forming a deliberate approach,” said Liesa Persaud, PT, MPT, PCS, TherapyWorks, Physical Therapy Clinic Manager.

Some causes of toe walking include Sensory Processing Dysfunction, developmental delays, muscle weakness, shortened muscles, cerebral palsy, GI dysfunction and visual disturbances.

Treatment options can include muscle stretching, sensory diets, orthotics (AFOs), Botox®, serial casting or surgery. However, treating a child for toe walking without identifying the cause can sometimes cause more harm than good.



“There are multiple specific causes of toe walking and therefore multiple specific treatment approaches. Matching the treatment to the cause is crucial for successful intervention. Traditional approaches are often ineffective and valuable time is lost,” Persaud said.

Many toddlers will walk on their tiptoes when first learning how to walk as it gives a child better balance control. However, children should outgrow this by 18 months to 2 years old at the latest and improvement should be seen during this time.

Toe walking often goes untreated and dismissed as “they’ll grow out of it.” Unfortunately, many children don’t. There is help out there but it is important to seek intervention from a pediatric physical therapist or pediatrician early on.

If left untreated, toe walkers can develop chronic joint pain, osteoarthritis, balance problems, poor gait and potentially undergo surgery to correct an ongoing toe walking problem.

In addition, chronic toe walking could be an indicator of a more serious condition such as cerebral palsy or Autism Spectrum Disorders so it is important to consult with a physician to rule out any medical causes.

Upcoming Events

Down Syndrome Association of Tulsa

On Feb. 17, TherapyWorks’ Liesa Persaud, PT, MPT, PCS, will present a seminar on foot development in individuals with Down syndrome at the monthly DSAT meeting. DSAT meetings are held on the 3rd Thursday of the month, 7:00 p.m. at Kirk of the Hills on 61st St. between Harvard and Yale in Tulsa.

Glazin’ Girls

Join TherapyWorks on Saturdays, 10:15 - 11:45 a.m. for a new social group for girls ages 8-12. The group will meet every Saturday between Feb. 19 - March 12 at Purple Glaze located at 91st & Sheridan. Participants will receive a special studio and project rate of \$12 per session. Girls are welcome to attend every session or pick and choose weeks to attend.

If you have any questions, please contact Kayla Schlicker at kschlicker@therapyworkstulsa.com or 918-663-0606, ext. 248.

Working Wonders

When Jobe came to TherapyWorks, he had been walking on his tiptoes for some time. Another therapist fitted him for orthotics and not much else was done. Gelaine, Jobe's mother wasn't seeing much improvement and knew "something else needed to be done."

In the meantime, Jobe was diagnosed with cerebral palsy. Taking this information, Jobe's physical therapist at TherapyWorks started an intensive neuromuscular electrical stimulation program to relax his tight calf muscles.

"Within a month, we saw a big difference. It turned from the device correcting his walk to training (Jobe) to correct it. He hasn't worn (his orthotics) in almost a year and it's better than it's ever been," Gelaine said. "Five years ago, he couldn't run without falling and would trip over himself. Now he is a normal 10-year-old boy!"

Jobe is 10 years old and receives occupational and physical therapy at TherapyWorks.



Meet The TW Team

Amber Hudgins

Patient Care Coordinator

"I strive to assist families by matching their children with the therapist best suited to meet their individual goals so they can reach their full potential."

Office Responsibilities

- New Patient Scheduling
- Customer Service
- Medicaid Billing

Education

- Medical Assisting
- Oklahoma Health Academy

Beyond TherapyWorks

Amber joined the TherapyWorks team in 2007. In her spare time, she enjoys spending time with family, friends and her dog, Lucy. She also enjoys traveling, especially to a warm weather destination, beach or cruise. Every fall, she loves to cheer on the OU Sooners football team.



THERAPYWORKS

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