

Hands on Health

“Man’s Best Friend”

- A Valuable Partner in Occupational Therapy

Contributions from Maria Soderqvist OTR/L & Jennifer Vandecar MOTR/L

February 2011

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SATURDAY
MARCH 26 2011



5K*10K

Join the BP&HT Team! Sign up and write BP&HT where it says Team Name.



BOTHELL
PEDIATRIC & HAND
THERAPY

Dogs have lived and worked with humans in so many roles (hunting, guarding, herding, and companionship) that they have earned the unique nickname, “man’s best friend.” In fact, our relationship with them is the most widespread form of interspecies bonding and began some 12,000 years ago. Although using dogs as a part of therapy has been happening for centuries, the therapeutic benefits have only recently gained attention. A growing amount of research indicates that the companionship of a dog can enhance human physical health and psychological wellbeing.

For children with special needs, animal-assisted therapy impacts their quality of life by providing motivation to help them achieve their therapy goals. At BP&HT we have two dogs: Sadie, who is already certified as a therapy dog, and Nique, who is in training. During therapy sessions, occupational therapists use the dogs as a means to facilitate the development of skills needed by the child to achieve independent

functioning in the areas of self-help, play, and learning.

Some additional therapeutic advantages include:

- Increased attention span and focus
- Increased motivation
- Increased leadership/taking initiative
- Targeting fine & gross motor skills
- Decreased touch sensitivity
- Increased communication
- Changing energy level
- Combating fear of dogs
- Learning social interaction skills & social boundaries
- Working on ADL (Activities of Daily Living)

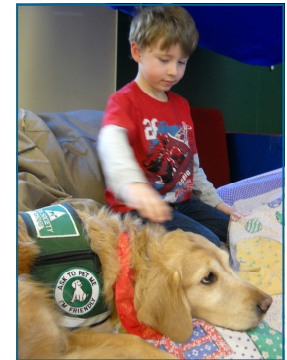
This is what our patients say:

- “Nique is my Friday dog!”
- “Sadie is so soft.”
- “My favorite game is doggy-soccer with Nique.”
- “I love throwing balls for Sadie.”
- “Today my choice is playing with Nique.”
- “Sadie helps my body feel calm.”
- “Nique is on my lap, he stays, and he likes me.”

Nique is Maria Soderqvist’s OTR/L, Briard puppy from Sweden. She has



Above: Nique – Therapy Dog in training.



Left: Sadie - Certified Therapy Dog.

been treating for over 20 years and started using dogs in therapy 2 1/2 years ago.

Jennifer Vandecar’s MOTR/L Golden Retriever, Sadie, is a Certified Therapy Dog. Although Jennifer has only been treating for 2 years, she & Sadie have been involved with volunteer therapy work in various settings for over 7 years.

How Damaging Are 3D Images?

The release date of Nintendo® 3DS is around the corner and thousands are pumped to play three-dimensional games without glasses. However, the company recently issued a warning that children age six and under should only use the console for two-dimensional games.

Nintendo® said: “We will offer 2Ds alone to children aged six and younger as continuing to watch 3D images for a long time could negatively affect the development of their eyes.”



On Saturday, February 19th, at 10am

Optometric Physician Alan Pearson OD MED PhD will be discussing the myths, truths and concerns surrounding 3D visual effects. Dr.

Pearson has over 16 years of experience evaluating and treating visual and perceptual dysfunctions that impact learning, development, reading, and more. Ask questions and learn new information about the world of 3D from an expert!



Dr. Alan P. Pearson, OD, PHD

Ask The Expert: Parent and Community Education is a Free forum held once a month at BP&HT and is open to anyone who is interested.



What Makes Pediatric Physical Therapy Different than Conventional Adult Out-patient Rehab?



Shannon Wells, DPT



Janine Sing, DPT



Heidi Lee, PT

We focus on what matters for Kids!

- **Trike Riding**
- **Gross Motor Development**
- **Backpack Ergonomics**
- **Helping "clumsy" kids be successful in playgrounds, P.E. & play**

We provide treatment for children from birth through adolescence with health problems resulting from injury, disease, or congenital conditions, with an emphasis on movement dysfunction.

We strive to restore function, reach motor milestones, prevent/limit permanent physical disabilities, and improve mobility and strength.

We specialize in orthopedics, aquatic therapy, gait, torticollis, various facilitation techniques, neurological conditions, sensory integration, and early intervention birth to three.

Our Physical Therapy Department also offers two programs:

- Healthy Kids, a program to combat child obesity
- S.M.I.L.Y. (Sensory Motor Integration & Learning with Yoga).

BP&HT Welcomes Roxanne Fernandez, MOT OTR/L

Roxanne graduated from the University of Washington with a B.S. in Biology and recently completed the Occupational Therapy Master's program. While in school she volunteered at a birth to three center, interned in the Edmonds School District, and acquired training through the Child Development Clinic at the Center on Human Development and Disability in Seattle.



Her interest in pursuing a career in occupational therapy was driven by her desire to promote the quality of life for others. She enjoys using her creativity to develop treatment plans that suit her client's unique strengths and challenges. Roxanne believes that establishing positive relationships with her clients enhances their therapeutic outcomes.

Outside the clinic, Roxanne spends much of her time with her family and friends. She loves to stay active, playing tennis, basketball, flag football, snowboarding and running. She likes to spend quiet time drawing, painting, reading, and watching movies.

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"Helping to Habilitate Children and Heal Adult Hands"

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