

Wee Speech /Timber Ridge News

March 2011

Construction

Construction continues! Please pardon our mess as we expand to make room for a gym and additional treatment space.

Spring Break

Please let your therapist know of any schedule changes during the upcoming spring break season.

DD Awareness

March is Developmental Disabilities Awareness Month. Check out the Arc Website for more information.

<http://www.thearc.org/>

Update Your Information

Please remember to update your credit card and or insurance card information with the office as card numbers and expiration dates may require changing for the new year.

Julie Levin , Laura Drower
Wee Speech, P.C.

March Birthdays!

Emma F.	3/17
Robbie L.	3/22
Adin W.	3/27
Hadin W.	3/27
Miles Q.	3/28
Schlomo K.	3/30
Joseph R.	3/30
Josh R.	3/30



Web Site

Guess How Many?

Adin W. is the winner of our February Guess How Many? Congratulations Adin! Each month we fill our Guess How Many Jar with some fun items and children are encouraged to fill out a slip with their guess (**Don't forget your last name or initial.**). The envelope for guesses is on the bulletin board in the Clinic waiting room. The drawing is at the end of the month and a special prize awaits the winner!! Good Luck!!

<http://www.nea.org/readacross/>

Read Across America is the National Education Associations annual quest to increase children's love of reading. This year's date is set to coincide with the birthday of Dr. Seuss. Check out this site for information and activities.

Therapist Corner

Why is W-sitting a problem?

By Lisa Barich, PT

Children often W-sit (with the feet either turned out or turned in) during their play. This is not a significant concern if they move in and out of this position while playing and do not need to remain in this position as the main means of being stable to play on the floor. Often, children who have poor trunk control lock their lower extremities in either the turned out or in position to free their hands for play.

The reason therapists discourage this position is that it limits the variety of movement patterns the child uses that would typically strengthen much needed postural muscles of the trunk and hips. The position of the thigh bone in W-sitting contributes to already tight muscles in the front of the hip and discourages the use of the muscles that stabilize the hips on the outside and back of the hips. Frequent W-sitting also contributes to hamstring tightness as the legs are flexed under the body. In addition, the rotated position of the lower leg can contribute to knee joint instability and dysfunction.

Muscles adjust their size, length and power according to the way that they are most commonly used. Bones are impacted by the forces muscles bring to bear upon them. The body functions best (and without pain in adulthood) when the muscles and bones are aligned optimally. This is why, as therapists, we discourage W-sitting. We hope to encourage a variety of play positions such as ring sitting, side sitting, sitting up off the ground at a table, lying on the stomach, kneeling, half-kneeling, or standing at a surface. Play should be a dynamic and purposeful activity for the child to engage with the environment as well as promote good postural control.