

# Physical Therapy

AT KENNEDY KRIEGER INSTITUTE



*In my mind, I am very brave. I can do anything. I fly like the wind. I am amazing. In my mind, I roar like a lion. I have lots of friends. I am 10 feet tall. In my mind, I have a lot to give.*

*I make my Mom smile. I am never afraid. In my mind, I am always smiling. I am a champion. In my mind I am full of dreams. I win every race. In my mind, I am very brave. I can do anything.*

Every child is born with great potential.  
Shouldn't every child have the chance to achieve it?



Kennedy Krieger Institute



### Rehabilitation at the Kennedy Krieger Institute

Rehabilitation is a cornerstone of the Kennedy Krieger Institute. Founded in 1937 as the Children's Rehabilitation Institute, Kennedy Krieger has a long tradition of providing the best in rehabilitative services and making advancements in physical therapy practice through research.



### Our Program

The Physical Therapy Department at Kennedy Krieger Institute provides a broad array of services and support to the many interdisciplinary programs and clinics of the Institute, while at the same time providing therapy to patients through its own outpatient clinic. Because of the Institute's unique understanding of acquired and developmental disabilities, we have a greater understanding of our patient's special needs and bring years of experience and insight to the care and treatment of each patient.

The Physical Therapy Clinic provides a full range of comprehensive and specialized physical therapy services to patients with acquired and developmental disabilities. Every year, our team helps thousands of patients participate more fully in activities such as sitting, transferring in and out of positions, walking, and engaging in leisure and sport activities. We help children with a wide variety of rehabilitative challenges, ranging from cerebral palsy to brain and spinal cord injuries, enabling them to be more successful and independent at home, at school, and in their communities.

Our integrated approach to physical therapy brings together a variety of disciplines from various departments within the Institute to provide comprehensive evaluations and create customized treatment plans for each patient. The result is an unparalleled integration of treatment and care—and for patients and families, that means fewer medical appointments at multiple locations.

The Physical Therapy Clinic offers traditional delivery model treatment in addition to short-term, intensive treatment based on each individual's unique therapy goals.



## Who We Treat

While we have a strong focus on brain and spinal cord injuries, we also work with children with a wide range of diagnoses and disabilities, including:

- Brain injury
- Cerebral palsy
- Developmental disabilities
- Down Syndrome
- Movement disorders
- Skeletal disorders
- Spina bifida
- Spinal cord injury

Our physical therapists use a range of therapeutic exercises to improve:

- Muscle strength
- Range of motion
- Posture
- Balance
- Coordination

## Our Treatment Approach

The Physical Therapy Clinic at the Kennedy Krieger Institute uses a comprehensive and interdisciplinary approach to create individualized treatment plans to improve mobility, flexibility, and the use of assistive devices.

We work one-on-one with each patient to identify challenges in the patient's motor skills – the ability to act and move – and to assess conditions in terms of muscle, bone, and nerve functionality.

Based on individual treatment goals, our team uses a range of therapeutic exercises and procedures to improve muscle strength, range of motion, posture, balance, and coordination.

Our physical therapists also make recommendations and provide training to patients, family, and caregivers in the use of specific equipment and orthotics to improve mobility and walking.

The clinic offers both long-term and intensive short-term therapy, depending on patients' goals:

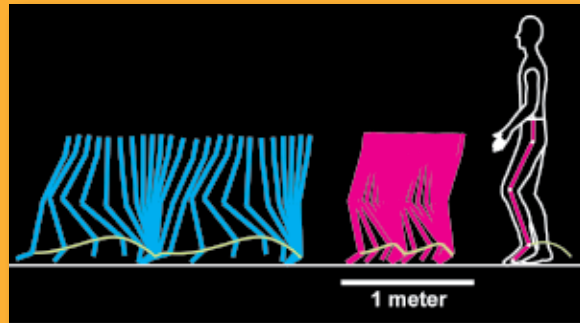
**Traditional Delivery Model** — Many patients with developmental and acquired disabilities require traditional physical therapy — for example, to assist with mobility or flexibility — often visiting the clinic weekly on an ongoing basis.

**Short-term Intensive Therapy** — The clinic also works with patients who require more intensive therapy in a short amount of time to work on a specific goal, such as transitioning from a walker to crutches. These patients typically receive physical therapy for one to three hours a day, three to five days a week.

## Our Facilities

The Physical Therapy Department provides support to more than 15 clinics throughout the Institute. The Physical Therapy Clinic is located in our state-of-the-art Outpatient Center located at the heart of our Broadway Campus. From the healing garden to the aquatherapy center, the Outpatient Center is designed to help patients reach their rehabilitative goals and promote the well being of patients and their families. The 2,400 square-foot physical therapy gym is a spacious, light-filled environment featuring the latest rehabilitation technologies.

- **Split Treadmill** — Specialized treadmill with a split belt that allows therapists to control direction and speed of each side of the body to help retrain nerves and the brain to walk.



- **Up n' Go** — Provides partial weight-bearing support and improves patients' development balance skills.

- **Gait Trainers** — Allows patients to sit and be fully supported or to stand on their own.



- **Aquatherapy Center** — Provides a unique opportunity for patients to escape the limitations of gravity as they learn new skills and undergo therapy. Two pools are equipped with underwater treadmills, video systems, sensory temperature controls, and hydraulic lifts that allow the floors to be raised and lowered for easy access by patients in wheelchairs.

- **Healing Garden** — The garden features several outdoor "therapy rooms" that allow patients to work on their goals. The rooms provide natural surfaces and challenges, including gravel, curbs, and grass. The garden also offers families and patients a place of rest and relaxation.

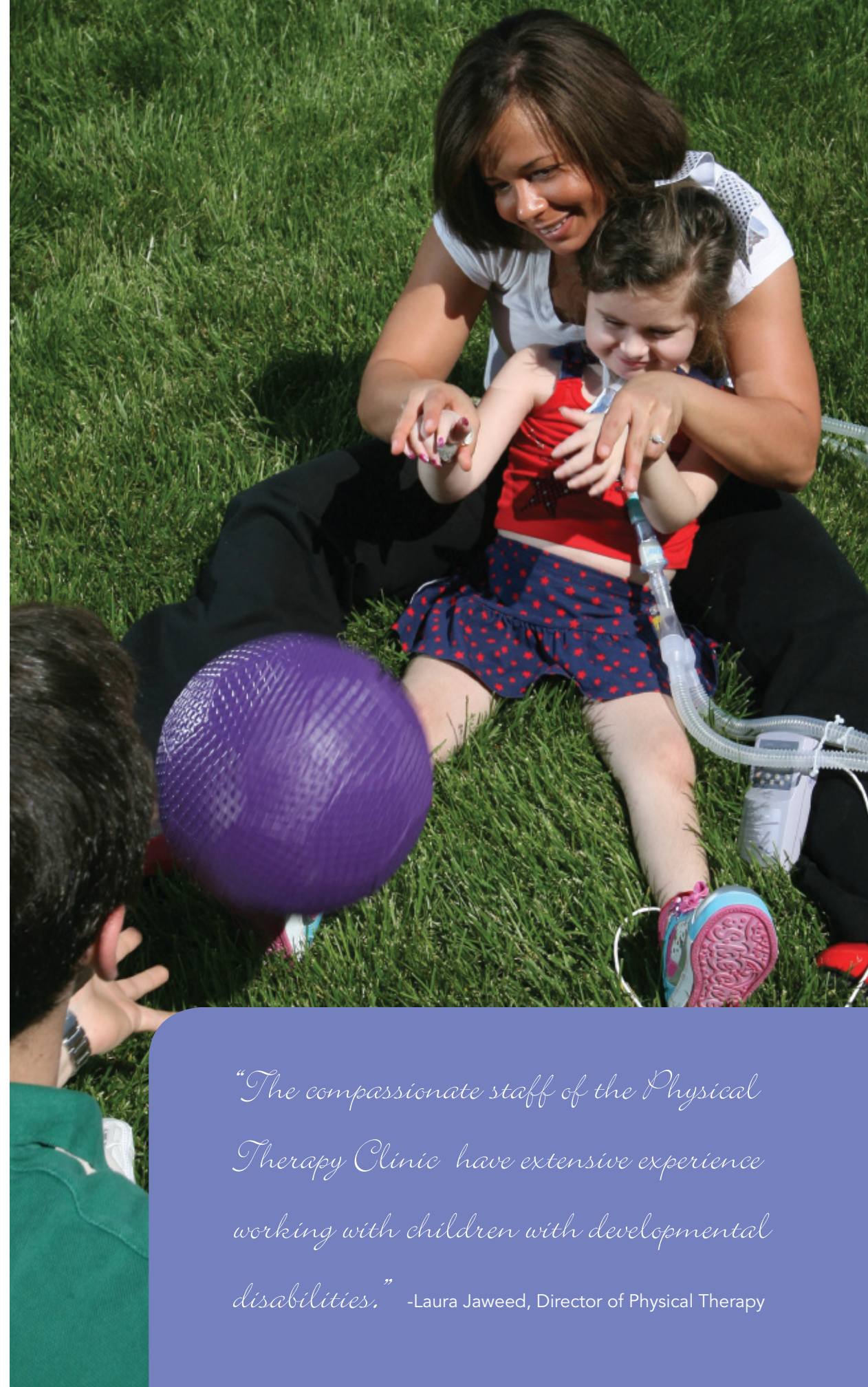


## Our Team

The Physical Therapy Department has a dedicated staff of 70 physical therapists who are unrivaled in their commitment to the developmental disabilities community. Many of our therapists have been with the Institute for more than 20 years, enabling them to build long-term and caring relationships with patients and families. They are trained and certified in a variety of specialties, including:

- **Manual Therapy** — Specialized form of physical therapy delivered with the hands. Practitioners use their hands to help improve range of motion of joints, reduce pain, and promote relaxation
- **Neurodevelopmental Treatment** — A hands-on approach for patients who have difficulty controlling movement as a result of neurological challenges such as stroke or head injury
- **Infant Massage** — Special massage to help babies sleep better, be less agitated
- **Casting and Bracing** — Therapists use casting and bracing to increase joint mobility and stability when standing and walking
- **Aquatic Therapy** — Using the effects of water to help the patients move, walk, and strengthen their bodies; freedom of movement
- **Electrical Stimulation** — Using electrical current to stimulate muscles & nerves and strengthen muscles to help patients improve mobility, flexibility, and range of motion
- **Yoga** — Combines principles of yoga and physical therapy to achieve desired outcomes

As part of the Kennedy Krieger Institute, our team has access to the knowledge and expertise of a variety of professionals in the fields of developmental disability, orthopedics, neurology/neurosurgery, genetics, education, and research.



*“The compassionate staff of the Physical Therapy Clinic have extensive experience working with children with developmental disabilities.”*

-Laura Jaweed, Director of Physical Therapy





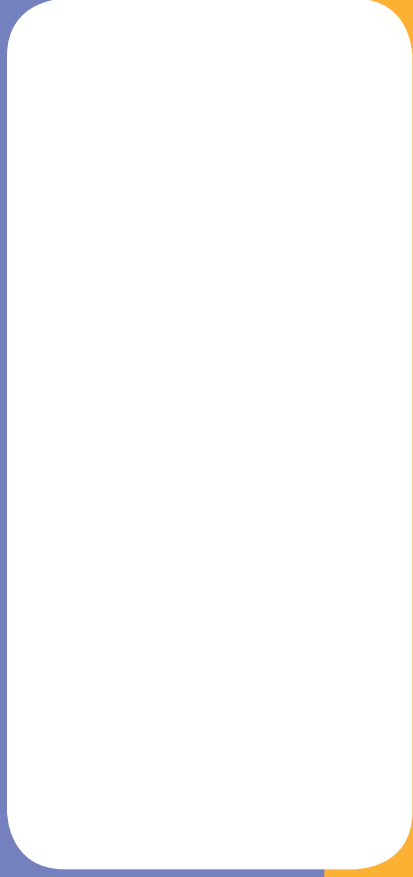
Kennedy Krieger Institute

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## *Our Mission*

We at the Kennedy Krieger Institute dedicate ourselves to helping children and adolescents with disorders of the brain and spinal cord achieve their potential and participate as fully as possible in family, school, and community life.