

PARTNERS IN PRACTICE - INCORPORATING THERAPISTS INTO TOPSOCCER

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PEDIATRIC PHYSICAL THERAPIST OVERVIEW

- ▶ Education required: Bachelor's degree + Doctorate degree = 6-7 years total
- ▶ Direct access
 - ▶ Unrestricted: 20 states
 - ▶ Access with provisions: 27
 - ▶ Limited: 3 (Missouri) – May be changing soon!!!
- ▶ Developmental vs. Ortho
- ▶ Proficiencies: Gross motor skills, adaptive equipment and orthotics, meeting milestones


PHYSICAL THERAPY SPECIALTY AREAS

- ▶ Sport-specific training
 - ▶ Running
 - ▶ Concussion
 - ▶ Vestibular system
 - ▶ Wheelchair clinic
 - ▶ Pain management
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PEDIATRIC OCCUPATIONAL THERAPIST OVERVIEW

- ▶ Education required: Bachelor's degree + Master's degree = 5-6 years total
 - ▶ Many programs transitioning to Doctorate degree, which increases total time to 6-7 years
- ▶ Direct access: At this time, very restricted. This is evolving as programs transition to Doctorate degrees.
- ▶ Proficiencies: Fine motor skills, emotional processing and regulation, handwriting skills, hand therapy
 - ▶ "OT is the profession for anything sticky in daily life."
- ▶ More to come tomorrow!

RECRUITING STUDENTS AND STAFF

- ▶ PT schools in Missouri: 7 (3 in STL)
 - ▶ PTA programs: 9
 - ▶ OT schools in Missouri: 7 (3 in STL)
 - ▶ COTA programs: 9
 - ▶ Professionals that have chosen to help others with function
 - ▶ Emphasis on volunteering in many of these programs
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- ▶ Gaining experience working with individuals with disabilities
- ▶ Achieving service expectations/requirements
- ▶ Networking
- ▶ Having examples of interventions for the future
- ▶ Informal opportunity to learn without the pressures of school

BENEFITS - STUDENTS

- ▶ Providing an additional resources for patients, specifically and generally
 - ▶ Insurance
 - ▶ Patient rapport
- ▶ Achieving service expectations/requirements
 - ▶ Compensation
 - ▶ Professional development
- ▶ Networking
- ▶ Giving back to students
- ▶ Function outside of work with co-workers

BENEFITS - CLINICIANS

- ▶ Medical oversight in a non-clinical setting
- ▶ Continuity of care
- ▶ Increased sense of safety
- ▶ Fun vs. Functional
- ▶ Another opportunity to apply skills learned in therapy setting
 - ▶ Seeing about translation outside of the clinic

BENEFITS - ATHLETES AND THEIR FAMILIES

PERSON-FIRST LANGUAGE (SOAP BOX #1)

Non-preferred

Disabled person

Autistic person

“Downs”

Dwarf

Preferred

Person with a disability

Person with autism

Person with Down Syndrome

Person with dwarfism

This essentially applies to any patient descriptor – gender, age, race, etc.

Applies to written and verbal communication

INVISIBLE DISABILITY (SOAP BOX #2)

- ▶ We can not always see the disability as it is.
- ▶ Physical disability does not = Cognitive disability
 - ▶ Autism
 - ▶ Cerebral palsy
- ▶ Non-verbal does not = Cognitive disability
 - ▶ Find ways to communicate with each individual!


Please consider each athlete you interact with individually!

Also consider tone of the words that are used when communicating!

PATIENT AUTONOMY (SOAP BOX #3)

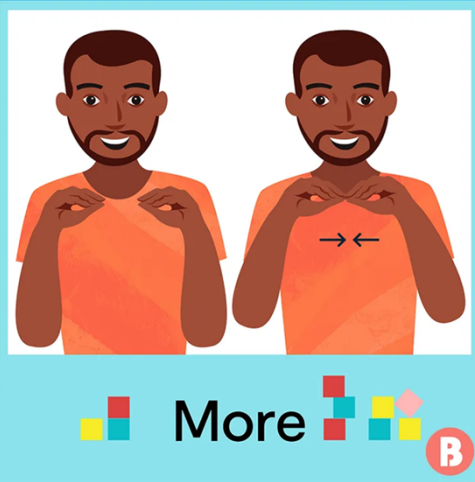
- ▶ “The capacity to live according to one's own reasons and motives”
- ▶ “Self-rule”
- ▶ Parents know the athletes better than we can know them.
- ▶ Athletes know themselves the best and should be treated with respect.
 - ▶ Maintain safety and promote goals of TOPSoccer
- ▶ Our goal may not necessarily be the same goal as the patient's.
 - ▶ Hula hoops



COMMUNICATION STRATEGIES

- ▶ Baby sign
 - ▶ First...then
 - ▶ Giving options
 - ▶ Alternating between who makes choices
 - ▶ Not referring to impaired extremity as “bad” side
 - ▶ “R word” (Soap box #4)
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- ▶ Using word in conjunction with sign
- ▶ Idea: Can put out both hands and verbalize choice in each hand and have them point to which one they want
- ▶ Library resources
- ▶ <http://www.thebump.com/a/how-to-teach-baby-sign-language>
- ▶ <https://babysignlanguage.com/flash-cards/>
- ▶ Presentation of my own

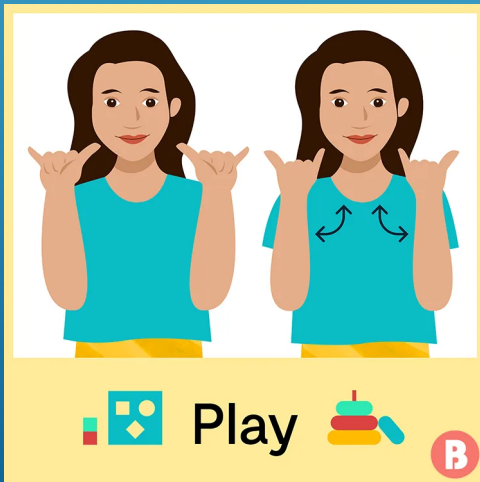
BABY SIGN





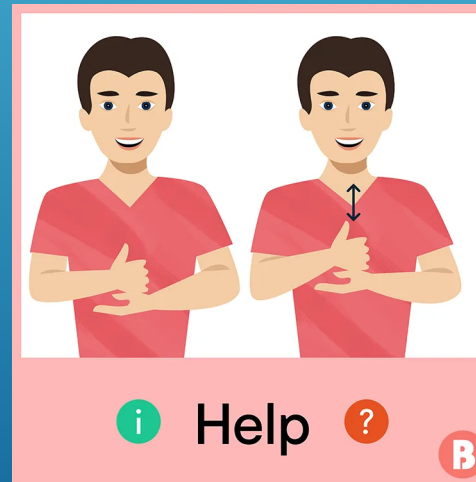
More  





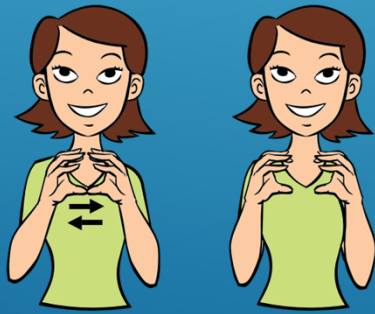
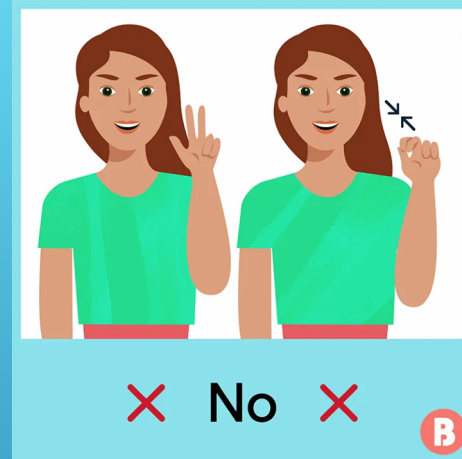
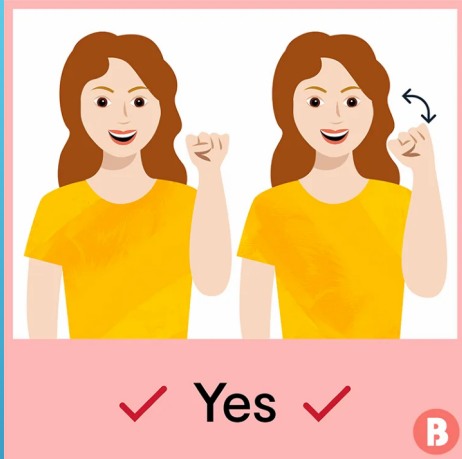
All Done  



Play  



Help  



Ball



Go

- ▶ Therapists can be useful tools and resources if you notice something that you have concerns about.
 - ▶ If there is a major concern, a recommendation should certainly be made to a doctor first.
- ▶ There are positive benefits to incorporating therapists and therapy students for all the parties involved in TOPSoccer.
- ▶ Be deliberate in how we communicate with athletes, because it may mean more than the soccer activities themselves.
- ▶ Experiment with communication strategies!
 - ▶ Even if it did work, it may not work the next time.

TAKE AWAYS

Thank you!

QUESTIONS???

