



## Pediatric Physical, Occupational and Speech Therapy

Banner Physical Therapy helps children live better through the power of physical, occupational and speech-language therapy. Our highly trained clinical team will design a specialized plan of care that is just right

Through experience, advanced clinical training and clear communication with our patients and their parents, our therapy team will assist your child in achieving their highest potential by reaching their developmental milestones for school, activity and life.

### Physical Therapy

Our team of physical therapists is dedicated to providing customized one-on-one care that helps children with developmental, neuromuscular and orthopaedic conditions to increase their strength, balance, coordination and motor skills in order to restore and enhance their mobility.

- Range of motion limitations
- Strength/muscle weakness
- Balance difficulties
- Abnormal muscle tone
- Aquatic therapy
- Torticollis
- Sports/Orthopaedic injuries
- Motor skills delay
- Neurological disorders
- Brachial plexus injuries
- Concussion

### Occupational Therapy

Our occupational therapists utilize the most current evaluation tools and clinical standards in determining the appropriate treatment for each child to help maximize independence and increase participation in daily activities, including self-care, learning and play.

- Fine motor skills
- Visual motor delays
- Visual perceptual delays
- Activities of daily living/  
self-care difficulties
- Brachial plexus injuries
- Sensory processing/  
self-regulation difficulties
- Upper extremity strength/  
range of motion limitations
- Splinting and positioning
- Concussion

## Speech and Feeding Therapy

Our pediatric speech-language pathologists offer treatment programs specifically designed to treat all aspects of communication, from a child's first words to their ability to socialize and interact with peers.

They focus on listening and comprehension skills, vocabulary and grammar, conversational skills, articulation of speech sounds, speech fluency and voice disorders in order to improve a child's ability to understand and be understood within their environment.

### Speech-Language Services:

- Articulation and phonological deficits
- Expressive and receptive language disorders
- Fluency disorders
- Voice disorders
- Social pragmatic language disorders
- Cognitive communication deficits

Our speech-language pathologists also have the expertise to evaluate and treat disorders and difficulties related to feeding and swallowing to help ensure adequate nutrition for healthy growth and development.

### Feeding Therapy:

- Breast and bottle feeding difficulties
- Feeding problems due to reflux
- Failure to thrive
- Dysphagia
- Poor intake or limited repertoire of foods
- Food aversions
- Self-feeding difficulties
- Oral motor deficits
- Feeding tube dependence

For more information regarding programs and services, please contact a center near you or visit [bannerhealth.com/selectphysicaltherapy](http://bannerhealth.com/selectphysicaltherapy) today.

### To make a referral:

**P: 844.294.6923**

**F: 717.635.4992**

**E: [azreferrals@banner-ptrehab.com](mailto:azreferrals@banner-ptrehab.com)**

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## Concussion Management

Each year, nearly four million people sustain a concussion. A concussion is an injury to the brain that is caused by a bump, blow or jolt to the head.

The impact between the brain and skull temporarily changes how the cells in the brain function. Concussions can be caused by falls and car accidents – or any other situation where the head receives a sudden jolt – but a majority of concussions are sports-related.

It's important to emphasize that most concussions don't involve a loss of consciousness. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after. Individuals are encouraged to note symptoms that worsen and behaviors that represent a change in the concussed.

**Banner Physical Therapy's comprehensive concussion management program offers specially trained experts who provide individualized concussion evaluations and rehabilitation programs for children and adults.**

- Return-to-play program is initiated once patient is symptom free to ensure full safety before returning to sport/activity
- Presentations on concussion management offered upon request for schools, sports teams, school personnel and community
- Baseline ImpACT Testing
- Orthopaedic evaluation of neck as well as contributing factors that may be causing headaches
- Vestibular/Balance/Ocular motor rehabilitation provided by physical therapists with advanced training
- Vision and coordination testing help to assess deficits and impact on daily functioning

**If any of the symptoms noted below are present, a physician or trained professional should be consulted:**

- Appears dazed, stunned or confused
- Complains of headache or loss of consciousness
- Moves clumsily or shows imbalance
- Seizures, dizziness or vertigo
- Answers questions slowly, slurred speech
- Is fatigued, seems forgetful or feels "foggy"
- Cannot recall events prior to or after injury
- Difficulty concentrating/focusing
- Personality changes
- Change in vision or blurry vision after injury

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## Speech-Language Pathology

At Banner Physical Therapy, our speech-language pathology services encompasses the prevention, assessment, diagnosis and treatment of voice, speech, cognitive communication and swallowing disorders.

We offer an individualized plan of care to treat patients with voice, speech sound production, resonance, swallowing and cognitive disorders due to injury, disease processes or aging. Our highly trained team of speech-language pathologists can help to treat a broad range of communication and swallowing disorders, including:

**Speech Disorders:** When a person is unable to produce speech sounds precisely or fluently, he or she may have a speech disorder. Difficulty pronouncing sounds, or articulation disorders, and stuttering are examples of speech disorders.

**Lee Silverman Voice Treatment (LSVT) LOUD:** Our therapists are trained and certified in the treatment of speech and voice disorders in persons with Parkinson disease. LSVT LOUD is a four-week treatment program designed to improve the speaker's intelligibility across all speaking situations.

**Language Disorders:** Difficulty understanding the spoken language and verbal expression is often due to brain injury, such as a stroke or traumatic brain injury. Aphasia is a language disorder frequently seen after trauma to the left hemisphere of the brain and includes difficulty in speaking, listening, reading, writing and gesturing, but does not affect intelligence.

**Cognitive Disorders:** Cognitive problems include difficulty with attention, memory, orientation, organization, and problem-solving. We will work with the patient and their family to improve cognitive skills or to develop compensatory strategies designed to improve ability to function at home, school and work.

**Voice Disorders:** We provide evaluation and treatment for disorders of voice including pitch, loudness and resonance as a result of vocal cord pathologies, neurogenic reasons or trauma. We are able to conduct videostroboscopy studies which provide visualization of the vocal cords in movement. This helps doctors with a specific diagnosis and assists in biofeedback for patients to alter how they are using the laryngeal system to improve their voice.

**Swallowing Problems:** Our speech-language pathologists specialize in swallowing disorders (dysphagia) and evaluate individuals who are experiencing problems with eating and drinking. Dysphagia may co-exist with a wide variety of neurological or structural problems and treatment may include modification of food or liquids, positioning while eating or exercises to improve swallow function. If necessary, we will make recommendations to the referring physician for a videofluoroscopic study of swallowing (modified barium swallow) or a Fiberoptic Endoscopic Evaluation of Swallowing (FEES) for further evaluation.

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## Aquatic Therapy

The healing power of water!

Did you know that certain conditions and injuries are best treated while you are in the water? By conducting your care in water that is maintained at therapeutic temperatures, you will have greater control over your movement with less pain.

Aquatic therapy incorporates the buoyancy of water to positively impact movement, strength and function. It provides a safe and effective environment for maximizing function and controlling the compressive and resistive forces on specific muscles and joints.

The use of water allows certain individuals to function at levels that are not possible on land, which affords physical gains and positive reinforcement. After an initial evaluation, a licensed physical therapist may design an individualized treatment plan that includes aquatic therapy. The aquatic therapy treatment plan of care is regularly progressed as you improve, incorporating land-based exercises as soon as possible to maximize the functional gains made.

Banner Physical Therapy's aquatic therapy program is performed in a handicapped-accessible pool and supervised by licensed staff.

### The benefits of aquatic therapy include:

- Increased muscular strength, flexibility and endurance
- Enhanced joint mobility and stability
- Decreased joint loading forces
- Improved balance, coordination and cardiovascular endurance

### Aquatic therapy is utilized to help treat the following injuries and conditions:

- Arthritis
- Fibromyalgia
- Post-op extremities
- Low back/neck pain
- ... And more!

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## Vestibular Rehabilitation for Vertigo and Balance Disorders

Banner Physical Therapy provides vestibular rehabilitation for those suffering from vertigo, imbalance and other inner ear disorders!

Many people experience issues with balance at some point in their lives and are often surprised to learn that the source of imbalance may be the inner ears. The vestibular system includes the parts of the inner ear and brain that process the sensory information involved with controlling balance and eye movements.

Balance – or vestibular – problems are reported in about nine percent of the population who are 65 years of age or older. Fall-related injuries, such as breaking or fracturing a hip, are a leading cause of death and disability in older individuals.

### Signs and symptoms of vestibular disorders include:

- Vertigo and dizziness
- Imbalance and spatial disorientation
- Vision disturbance
- Hearing changes
- Cognitive and/or psychological changes

The majority of imbalance conditions can be helped through vestibular rehabilitation. The goal of treatment is to minimize dizziness, improve balance and prevent falls by restoring normal function of the vestibular system.

Our specially trained team of clinicians will develop an individualized treatment plan that includes exercises to

strengthen posture, gait and components of the balance system, such as eyes, ears and legs. During the treatment process, a home exercise program may be designed and implemented specific to the tolerance, physical condition and diagnosis of each patient.

These exercises are designed to retrain the brain to recognize and process signals from the vestibular system, helping the patient to become desensitized to movements that provoke symptoms and strengthen muscles. Approximately 90 percent of patients show levels of improvement from vestibular rehabilitation.

If you have difficulties with dizziness and balance, see your physician first, then call your local Banner Physical Therapy center or visit [bannerhealth.com/selectphysicaltherapy.com](http://bannerhealth.com/selectphysicaltherapy.com) today to learn more.

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