

SPORT CENTER

Speech • Physical • Occupational • Rehabilitation • Training

The Personal Touch — July 2008

“Why Do I Need A Speech Therapist? I can talk just fine!”

Speech therapy (also called speech pathology) not only involves talking, but also includes evaluating & treatment for people having problems with communication, cognition & swallowing.

Let me explain how they relate to speech therapy.

Communication involves language expression & comprehension, speech production, voice & nonverbal communication. Evaluation & treatment of language problems may involve “receptive language” (ability to understand what one hears or reads), word finding, grammar or verbal organization (arranging thoughts when talking), or the language of confusion. In adults, this often results from a stroke or other brain trauma.

Speech difficulties include trouble clearly pronouncing words. In a child, this appears as incorrect production of sounds or sound patterns. In adults, it usually involves slurred speech.

Nonverbal communication (aka “pragmatic language”) may need treatment as well, since we communicate extensively with body language, eye contact & gestures. It’s a critical piece of a child’s ability to communicate while developing “real” speaking skills. This is particularly important for kids with autism & related disorders. In adults, it often occurs as a result of brain trauma, so social skills need to be re-learned.

With children, research continues to demonstrate the importance of early treatment. Speech/language treatment allows the child the opportunity to be age appropriate in communication skills when entering a structured school environment. It also benefits attention and behavior. Parent education & development of a home program is vital to early intervention.

Voice reflects our emotion, personality, and intentions. Ear, nose and throat doctors ask me to provide speech therapy for patients due to vocal cord changes, improper use of vocal cords, or head/neck cancer, as well as before/after surgery.



Abilities change but need not vanish.

Cognition is the medical term for the processes involved in gaining knowledge & comprehension, including thinking, knowing, remembering, judging & problem solving.



Parental involvement is critical.

I work closely with doctors to evaluate & treat problems caused by brain injury, stroke, Parkinson's, Dementia & MS. I look at the learning & comprehension process, & assist the patient in finding ways to compensate for these problems.

We develop and train the patient to adapt to new ways for learning new information, improving memory, and gaining expanded independence. This includes treatment involving immediate & delayed memory, focusing & dividing your attention, reasoning, problem solving, abstract thinking, initiating, planning, goal setting, thought organization, etc. My work with patients often involves assisting them with returning to work and independent living.

Swallowing. I also evaluate & treat people having trouble swallowing or eating. When a patient cannot eat and drink enough, the potential health problems are obvious. When a patient has symptoms that their food/liquid has been entering the “wrong tube”, we must evaluate these problems & take action quickly to avoid pneumonia & other complications.

In children, therapy for swallowing/eating issues may involve a feeding program where we teach the family & patient to modify food texture, & show the patient and their family how to compensate for eating/swallowing problems.

While these changes can be challenging at first, we always keep in mind that it is important to keep the family’s mealtime environment pleasant & fun. Food/eating issues are addressed via behavior modification therapy, which depends a good deal on parent education & involvement. Helping my patients with these challenges is exciting & rewarding.

If you have any questions, please contact me at the new SPORT Center.— Brooke White, MS, CCC-SLP

Getting to know: Stacy Upton, PT

I just returned from a 5 day float and flyfishing trip down the Smith River with my family and some friends. After a 6 year hiatus from a multi-day river trip, Bob and I were excited to get back on the Smith with our now 6 year old son, Colter, for a Montana adventure.

Though the fishing was marginal due to high, milky water we had a great time. The weather was fantastic, the scenery superb, and the companionship enjoyable. Our good friend Doug, along with friend Alison and her two boys Andrew and Henry, rounded out the trip. If they weren't fishing, the three boys were busy catching crayfish and trying to sell

them to floaters passing by, swimming, and of course eating s'mores.

Bob and I have prided ourselves on exposing Colter to the Montana outdoors at a young age. So we were all three elated when Colter landed the biggest fish of the trip--a 19 inch brown trout on a fly line, all by himself from the front of the boat.

There's nothing like a beautiful river trip to refresh and renew.

It's always good to be back home in Whitefish, ready to soak in the rest of our wonderful summer! And of course, look forward to our next adventure.



Exercise of the Month: The Samurai

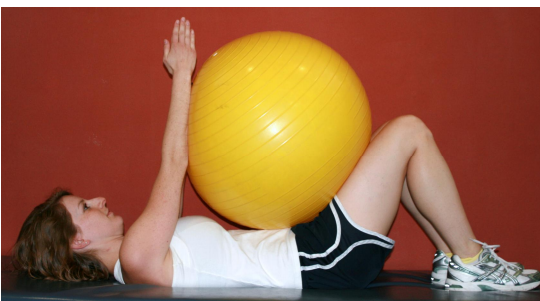
Do you ever get off your bike with a sore back? Do you feel like you aren't getting full power out of your legs as you ride?

Both of these problems can be caused by a weak abdominal core.

You may be saying to yourself right now, "I can do crunches until the cows come home, that can't be true." Crunches are a predominately upper ab exercise and don't really work the very important lower abdominals.

The samurai is an exercise that focuses on your lower abs to help relieve low back pain and improve the power you get from your legs.

To perform this exercise start by lying on your back with your knees bent and feet on the floor. Now take a swiss ball, a couple of pillows or even a couch cushion and place on your abdomen and against your legs.



Place both palms together, and with the sides of your hand against the ball, push into the ball while performing a very mini crunch.

Hold this for 10 seconds and repeat in 3 sets of 10 – 30.

As this becomes easier, increase the time that you hold the contraction.

Perhaps the most important personal choice you can make is to accept complete responsibility for everything you are and everything you will ever be.

Bryan Tracy

"You're a great professional team, I was lucky to have you all."
Dorothy Trent, Whitefish

Stretch of the Month: Hip Flexor

Do your thighs usually feel tight or sore after biking?

How about your back?

Well, this month's stretch is aimed to reduce both tightness in your hip flexors (fancy term for the front of your thigh) and strain on your low back.

First, grab a hold of something steady. Trees work great if you're out on the trail.

Before you start, stand up as tall as you can but don't arch your back.

Then you want to grab the back of your shoe and pull your heel towards your back side.

The key is to pull your heel and knee back while preventing your low back from arching (try tightening up your stomach first). Your opposite leg stays relatively straight throughout.

As always, hold the stretch for 30-60 seconds and do 2-3 on each leg.

For best results, do this stretch after a light warm-up and then again immediately after finishing your ride.



Remember: Stretches prevent injuries!

S.P.O.R.T. Center Update — We've moved!

It's July and we're proud and thrilled to announce that we've moved into our new home, the S.P.O.R.T. Center, our new building on the North Valley Hospital South Campus.

Stop in and check out our new facilities!

Football/Soccer Camps are just around the corner

Flathead Performance Training Center will be holding Football and Soccer Conditioning camps in both Whitefish and Kalispell. Please call us at 862-9378 or 862-8250 to reserve your athletes' spot today. Cost is \$5 per session.

Football camps:

Tuesday and Thursdays in Whitefish at the Smith Complex Fields from 6 to 7 pm.
Tuesday and Thursday in Kalispell at Kids Sport Complex from 7:30 to 8:30pm.

Soccer camps:

Monday and Wednesday in Whitefish at the Smith Complex fields from 6 to 7pm.
Monday and Wednesday in Kalispell at Kids Sport Complex from 7:30 to 8:30pm.

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711 East 13th Street, Whitefish, MT 59937

Call us at 406-862-WFPT (9378) or 862-8250.

Football/Soccer Conditioning Camps

Flathead Performance Training Center will hold conditioning camps in Whitefish & Kalispell from Jul 8 - Aug 14. Cost is \$5 per session. Call 862-8250 for info.

Whitefish (at Smith Complex Fields):

Soccer Mon & Wed @ 6pm-7pm.

Football Tues & Thurs @ 6pm-7pm.

Kalispell (at Kids Sport Complex):

Soccer Mon & Wed @ 7:30pm- 8:30pm.

Football Tues & Thurs @ 7:30pm- 8:30pm.

Inside this month: Fly Fishing with Stacy, Speech & Samurai Hip Flexors

Meet Brooke White

Although I was born in Palm Harbor, Florida, I consider myself to be from Kalispell, having moved to the Flathead Valley at age 13.

I began my college career at the University of Montana (and remain a Griz fan), until studying in Spain my sophomore year of college. I returned to MT with the travel bug, and graduated from Portland State with a double major in Spanish and Speech and Hearing Sciences. I then went on to complete my Master's Degree at the University of Arizona in Tucson.

Feeling not quite ready to join the "real world," I decided to take a job at a fly fishing lodge in remote Alaska for the summer. I then traveled/volunteered in Central and South America for four months before accepting a job as a speech-language pathologist at Providence Alaska Medical Center in Anchorage. The hospital allowed me 2 months each summer to work as a fly-fishing guide in remote

Alaska, as well as guiding trips for the Iditarod Dog Sled Race in the winter. I was fascinated by the Native Alaskan culture, and worked with an evaluation team of therapists, traveling to remote villages in 2006. I lived in Alaska for three years before returning to Montana.

I returned home to the beautiful Flathead Valley in November of 2006. Since that time, I have worked as the speech-language pathologist for WFPT and North Valley Hospital. It has been such a rewarding experience to work with such a great team of therapists. I am constantly reminded of what a special place we live, both in beauty and the people.

I take every opportunity I can to be in the outdoors-whether it is skiing in the winter, or biking/hiking/kayaking in the summer. I also love to play guitar...and I truly love my work. I feel so fortunate to have found a job as rewarding and fulfilling as speech pathology.



Hi Brooke!