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
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
- 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 - ATHLETES AND THEIR FAMILIES

- 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
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)
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
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.
Thank you!

QUESTIONS???