

Fall, 2009



## *Fall Greetings!*



We hope you had a wonderful summer. Our summer was very exciting and busy with many new CHAMP faces. We would especially like to recognize and thank David Sobolewski for building a new therapy table for us. This has been a wonderful new tool and so many kids have already been able to use it.

As many of you work your way through the second month of school, we would like to remind parents to share their CHAMP experiences with school therapists. Be sure they understand what your child has accomplished in CHAMP and the ways you will be continuing with CHAMP philosophies and

activities at home. Your child's therapist is welcome to contact us at any time for more information or collaboration. We wish you a very happy and healthy autumn!

Janet, Kirsten, Diane, and Candice

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- CHAMP uses both constraint and two-handed activities in its therapies to bring its patients the best of both techniques.

## *Research Corner — Edward A. Hurvitz, MD*

### **One arm or two?**

Constraint induced therapy (CIT) continues to be a popular, successful way to help children improve hand and arm function. Many research studies have been published that demonstrate that the technique can be applied in different doses. Some programs have the children wear a cast all day for three weeks, and get therapy for hours each day. Some, like the CHAMP, have less structured therapy and more homework, and use a variety of methods to help get the children to use their hand more. All of these methods have shown success, with no agreement

yet on the very best method. Dr. Andrew Gordon, of Columbia University in New York, developed a technique called HABIT, Hand Arm Bilateral Intensive Therapy, which does not use casting or restriction. Rather, both hands are worked intensively. Dr. Gordon recently presented results of a study comparing CIT to HABIT and found that both techniques demonstrated improvement, and neither was superior.

Since the research has not yet shown a particular method to be best, CHAMP uses both constraint and two-handed activities in its therapies to bring its pa-

tients the best of both techniques. We continue to demonstrate good results and tremendous patient satisfaction with the improved function that occurs after the program. Future research may tell us whether one technique or the other is better for certain patients at different times in their lives. There are also new studies coming out that suggest that additions to the therapy programs, such as robotic devices may add to the success. The CHAMP program will continue to participate in research and work to bring the best methods for therapy to our children.



## *Boost your CHAMP Motivation this Fall*

Successful CHAMP Graduates know that consistent participation in CHAMP activities and reinforcement of CHAMP principles is the best way to see continued progress. Have you and your CHAMPer gotten out of the habit of wearing the cast daily or practicing those CHAMP exercises? Or maybe you

just need a new boost of motivation.

Remember the basics:

- \*Set aside a specific amount of time each day to continue using the cast while participating in regular daily activities.
- \*Assign certain chores or activities that are ALWAYS done with the affected hand.

\*Give praise when your child remembers to use the affected hand, or both hands together, to complete a task.

\* Refer back to your yellow folder for activity, exercise, and chore ideas.

\*Consider setting some goals and a prize to be earned. See the article on Goals and Prizes for tips.

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## *Great Goals and Practical Prizes*

If you need to motivate your CHAMPer to wear the cast or complete more CHAMP activities, a goal chart with a prize at the end can be helpful.

### **Goal-Setting Tips:**

- \*Start with something quite easy and obtainable so that your child is met with success rather quickly. An example might be: “wear the cast for 1 hour on 5 days.”
- \* Choose goals that are easy to track—such as amount of time or number of repetitions.
- \* Choose small but meaningful prizes—things your child will want to earn,

but not too extravagant.

- \* Acknowledge steps toward the goal very quickly and keep a record—like a chart on the refrigerator: “Great job Billy, you did your 10 exercises today. Let’s give you a point on your chart. Only 4 more days to go for this round!”

### **Free Prize Ideas:**

(adapt these to fit your own family’s preferences and creativity):

- \* The right to make an important choice, such as the menu for Saturday night dinner.
- \* Extra ‘special time’ with

parent/sibling to play a game or have a girl’s night or guy’s night.

\*Stay up a little late or earn extra hobby/game time, etc.

\* Enjoy a 1 week vacation from their least favorite chore.



## Fall Finger Plays

### Five Little Leaves:

Five little leaves so bright  
and gay (*Hold out one hand;  
flutter 5 outstretched fingers*)

Were dancing about a tree  
one day (*Sway hand in  
rhythm overhead*)

The wind came blowing  
through the town O, O,  
O (*Hand over blowing lips*)

One little leaf came tum-  
bling down (*Sway hand  
from side to side while folding  
appropriate finger toward  
palm. Repeat entire verse  
counting down 4-3-2-1*)

### Autumn Leaves:

The trees are saying  
“Goodbye” to their leaves  
(*Stretch out arms waving  
goodbye*)

As they flutter and float  
and fly in the breeze (*Flutter fingers*)

All golden, orange, and  
red, they sink softly off to

bed. (*Flutter down to the  
floor*)

On Mother Earth’s bed  
rests each leafy head.  
(*Sleeping gesture with palms  
together*)

### The Apple Tree:

Here is an apple tree with  
leaves so green, (*Stretch  
arms, with fingers spread*)

Here are the apples that  
hang between, (*Make  
fists*)

When the wind blows, the  
apples will fall, (*Sway  
arms, then drop fists*)

Here is a basket to gather  
them all. (*Make large circle  
with arms in front of chest*)

### Five little pumpkins:

Five little pumpkins sitting on  
a gate, (*Extend five fingers, sway  
hand side to side*)

The first one said, “Oh my, it’s  
getting late!” (*Wiggle thumb*)

The second one said,  
“Oh, I don’t care!”  
(*Wiggle index finger*)

The third one said,  
“There’s something in the  
air!” (*Wiggle middle finger*)

The fourth one said,  
“Let’s run run, run!”  
(*Wiggle ring finger*)

The fifth one said, “It’s  
only Halloween fun!” (*Wiggle  
little finger*)

Then WHOOSH goes the  
wind and OUT goes the light,  
(*Quickly extend hands and arms  
outward*)

And five little pumpkins roll  
out of sight! (*Bring hands in front  
of body and roll arms*)



Use different  
positioning  
methods to keep  
working that  
affected arm  
during crafts and  
game-time.

## Craft Ideas

Paper activities can be done  
on a table or on a sliding  
glass door to offer different  
positions.

**Collage** – On paper, styro-  
foam trays, or cardboard  
using natural objects, torn  
paper, tissue paper, dry nood-  
les, yarn.

**Rubbings** – use the side of  
a crayon to rub over differ-

ent textures ie. Fabrics,  
coins, bark, leaves.

**Printing** – Paint on a sliced  
apple, green peppers, mush-  
rooms, leaves, corks, lego  
blocks, potatoes cut into  
shapes. Print onto paper.

**Self Drawings** – Trace  
around child on large piece  
of paper. Let them color,  
paint, or place stickers.

**Playdough** – make snakes,  
roll with rolling pin, cookie  
cutters, put marbles inside  
dough to try to get out.

**Painting** – Use different  
painting tools – hands,  
brushes, string, sponges  
(held with clothespin), Q-  
tips, cotton balls, straws,  
pipe cleaners, rollers.



## CHAMP—Comprehensive Hand and Arm Movement Program

Pediatric NeuroRehabilitation Program  
MedRehab Milestones  
400 E. Eisenhower Parkway  
Suite A, Building 2  
Ann Arbor, MI 48108

Phone: (734) 998-7710—Ask for CHAMP at Milestones  
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We're on the web!

<http://www.med.umich.edu/pmr/divisions/champ.htm>

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## CHAMP Team

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Contact us with questions on any CHAMP related topic such as cast care, positioning, new exercises, and motivation. Also let us know if you have an idea for an upcoming newsletter article. Have a terrific Fall Season!

