

Happy Spring!



CHAMP is now in its 8th year and has served over 100 children. As we grow we look for more ways to help provide continuity of care and continued support to our patients after their 3 week intense program.

We hope that this newsletter provides you with an opportunity to refocus on using the arm that you spent so much hard work with at CHAMP. Below are some activities for spring. If they seem too young for you then find a younger sibling or neighbor to do them with. If they seem too hard find an older sibling or friend to help out. Remember that it is OK to get help. Enjoy!

ACTIVITIES

Sidewalk Chalk:

Draw around your child in different positions
Hopscotch: Find a bean bag or stick to toss. Hop on right then left.
Draw a road to ride around on your trike, bike or scooter.



Planting Time:

Dig in the dirt – to plant or just for fun. Try big and little shovels.
Plant seeds. How big do the seeds need to be for you to pick them up?
Push a wheelbarrow.
Rake leaves



Spring Cleaning:

Wash the windows – big circles, up and down, spray bottles.



Play Outside:

Go on a scavenger hunt to look for signs of spring.
Shoot hoops. How many times can you dribble with the right? How about the left?
Throw a baseball.
Play foursquare.



PARENT COMMENTS

“She is so proud when she uses her left hand.”

“Two-handed activities are a little bit easier.”

“My son keeps slipping out of his cast!” [We can help with that!]



DANCE MARATHON

Big Thanks to Dance Marathon for support of our program.

What is the Dance Marathon?

"The University of Michigan Dance Marathon is one of the largest student-run non-profit organizations on the University of Michigan's campus. Conducting events throughout the year, UMDM strives to raise both monetary support and awareness for the needs of pediatric rehabilitation programs. Our year-round efforts culminate in March when hundreds of students stand on their feet for thirty hours to show their dedication to our cause: the hospitals and families we support and our mission to raise awareness for pediatric rehabilitation. During the Marathon, dancers are challenged mentally and physically, gaining perspective of the even greater challenges and obstacles facing the children we support."

Last year, the group raised \$428,109.79! The Department of PM&R's pediatric programs have been well taken care of by the Dance Marathon group's generous donations.

Please consider donating to this great group, and / or helping out in other ways if you can. Check out their website at: <http://www.umdm.org/>

RESEARCH CORNER

By Ed Hurvitz, MD



CHAMP therapy has been shown to be helpful for children with cerebral palsy affecting their arm in our studies and in studies in New York at Columbia University. At Columbia, in studies led by Drs. Andrew Gordon and Jeanne Charles, a group of children were given constraint therapy, and compared to children who received standard therapy. The program was similar to CHAMP. The children who received constraint therapy demonstrated significant

improvement in their hand function and their efficiency of movement compared to the group who got standard therapy. These improvements were still seen six months later. In our own CHAMP program, participants were tested with a special test called the QUEST, the Quality of Upper Extremity Skills Test. This test examines the participant's ability to bear weight on the affected arm, to grasp and to perform other movements. The QUEST scores confirmed that CHAMP participants were seeing benefit from the program. Questionnaires filled out by participants and families describe increased use and new skills gained. We are very encouraged by the results. We hope to examine them further to get better ideas about which parts of the program are most effective and how to best carry the improvements forward through home therapies.

Contact Us:

We always appreciate hearing from former CHAMP participants. If you would like to share news about how things have been going since your CHAMP session or ask CHAMP questions, please email, call, or write.

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