

# Update

Spring 2008

## Message from the Director: Michelle Saunders Haney, PT, MSPT

### *Euro-Pēds to Produce Pediatric Educational Track*

We are excited to be producing a pediatric educational conference November 21-22 at the World Congress & Exposition on Disabilities ([www.wcdexpo.com](http://www.wcdexpo.com)) in Jacksonville, Florida. This is the first year that WCD will have southern exposure to this professionally-organized conference featuring education, services and products for the disabled. We are very honored to present **Dr. David Yngve** from University of Texas Medical Branch speaking on the "Percs (SPML)" spasticity-management procedure, and **Dr. Keith Williams**, Pediatric Neuropsychologist from Penn State Hershey Medical Center who will be presenting on Intensive Therapy for Feeding (both are featured on page 2). Go to our website, [www.europeds.org](http://www.europeds.org), to learn more about WCD and the CP Conference.

### *Mark Your Calendars for the Euro-Pēds Reunion Sunday, September 14!*

We've been treating a nationwide base of patients since 1999 so we thought we would re-name our annual Fun Day and make it even bigger! The **EURO-PĒDS REUNION will be on Sunday, September 14 from 12:30pm-4pm**. We have the privilege of holding the event at Oakland Yard Athletics in Waterford, Michigan ([www.oaklandyard.com](http://www.oaklandyard.com)) courtesy of **Philip & Jodi Douse** who have generously donated their venue for the Reunion. This will replace our traditional "Fun Day" as a way of celebrating and thanking YOU, our very special patients and their families who have worked so hard over the past eight years. Patients and their families, past and present, are invited to attend. You'll be receiving more about this event in the future.

### **Changes in Insurance Coverage of PT Services**

We are noticing some changes in the approval of PT Services by insurance companies including Children's Special Health Care Services. Less treatment requests are being approved without limitations and there has been an increase in denials. Please contact your insurance company to verify your benefits and be prepared to stand up for your child's medical needs. Rest assured that we will be advocating on your behalf as well.

*Michelle S. Haney, PT, MSPT*



### **Small World After all...**

When Kendall (from Michigan) and Brittany (from Florida) met while at the High School Musical pep rally at Walt Disney World last summer, their moms started chatting and quickly discovered that they were both Euro-Pēds families! **Laura Chaput** sent us this photo to prove that Walt Disney was right...it really IS a small world, after all!

"NOMC Euro-Pēds®" is a National Center for Intensive Pediatric Physical Therapy for the treatment of children and young adults with neuromuscular disorders including Cerebral Palsy, Spina Bifida, TBI, and other conditions that have been successfully treated with intense bouts of individualized therapy. Go to the website [www.europeds.org](http://www.europeds.org) to learn more.

## EURO-PĒDS OUT & ABOUT IN 2008:

### **2008 Schedule of Presentations & Conferences:**

(schedule subject to change; please call Euro-Pēds at 1-888-875-6662 to verify times and locations of presentations on Intensive Pediatric Physical Therapy)



#### **March 13, 2008**

*Cerebral Palsy: Toward Collaborative Research in Michigan*  
(exhibiting 8am-5pm) Ann Arbor, Michigan, The Michigan League at The University of Michigan campus

#### **March 28-30, 2008**

Presenting: Friday, March 28 12:30pm & Saturday, March 29 10:30am. *Abilities Expo-Metro New York*  
[www.abilitiesexpo.com](http://www.abilitiesexpo.com) -- Edison, New Jersey, New Jersey Convention Center

#### **April 26, 2008**

*Differently Abled Expo*. Presenting: Time TBD  
[www.geneseeisd.com](http://www.geneseeisd.com) -- Flint, Michigan, Knopf Learning Center

#### **April 26, 2008**

Presenting: Time TBD  
*Special Needs Expo* - Youngstown, Ohio, Chevrolet Centre, [www.specialneedsexpo.com](http://www.specialneedsexpo.com)

## NOMC Euro-Pēds® NORTH OAKLAND MEDICAL CENTERS

#### **May 30-June 1, 2008**

Presenting: Friday, May 30 & Saturday, May 31 (times TBD)  
*Abilities Expo-Southern California*  
[www.abilitiesexpo.com](http://www.abilitiesexpo.com) -- Anaheim, California, Anaheim Convention Center

#### **June 13-15, 2008**

Presenting: Friday, June 13 1:30pm  
*Family Café Conference*  
[www.FamilyCafe.net](http://www.FamilyCafe.net) -- Orlando, Florida, Disney's Coronado Springs Resort

#### **September 12-13, 2008**

Presenting: Times TBD  
*Abilities Expo-Minnesota*  
[www.abilitiesexpo.com](http://www.abilitiesexpo.com) -- Minneapolis Convention Center

#### **Sunday, September 14, 2008 12:30pm-4pm EURO-PĒDS REUNION!**

Oakland Yard Athletics, Waterford, MI  
[www.oaklandyard.com/contact.htm](http://www.oaklandyard.com/contact.htm)

#### **November 21-22, 2008**

**World Congress & Exposition on Disabilities "Pediatric Educational Conference"**  
**Produced by NOMC Euro-Pēds**  
[www.wcdexpo.com](http://www.wcdexpo.com) -- Jacksonville, Florida, Osborn Convention Center

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## "Percs" for CP Shows Promising Results for Spasticity

Over the past 20 years or so, **Dr. Roy Nuzzo** of Children's Neuromuscular Center in Summit, New Jersey, pioneered the spasticity-management procedure he calls "Percs (SPML)." "Percs" refers to the surgical term "percutaneous" which means using very small skin incisions. SPML stands for Selective Percutaneous Myofascial Lengthening. Euro-Pēds treats many patients pre- and post-Percs surgery, and recognizes the benefits it offers as an alternative to traditional tendon lengthenings. Here are a few Percs F.A.Q.'s, courtesy of **Dr. David Yngve** of The University of Texas Medical Branch, an orthopedic surgeon who was trained in the Percs (SPML) procedure by Dr. Nuzzo. The following is excerpted with permission from Dr. Yngve:



*David Yngve, MD, will be presenting on the Percs (SPML) procedure as part of the Euro-Pēds Juvenile CP Conference at World Congress & Expo on Disabilities November 21-22, 2008*

### Can the Percs (SPML) procedure decrease spasticity?

Yes. Walking on a contracted joint puts a strong pull on the muscle-tendon unit with each step; this stimulates spasticity. Lengthening the muscle-tendon unit decreases the spasticity in that area. Since Percs has minimal incisions to lengthen the muscle-tendon units in many locations in the lower extremities, spasticity can be decreased in many locations.

### What part of the body can be treated with Percs (SPML)?

Common areas for Percs (SPML) surgery are: at the back of the ankle for calf/heel cord tightness and spasticity, behind the knee for hamstring tightness and spasticity, and in the groin area for scissoring gait and groin spasticity.

### What age can be treated with Percs (SPML)?

Percs (SPML) works well for children of all ages and for adults. Because Percs (SPML) procedure uses micro incisions only about 2 mm long, there is very little scarring that forms as a result of the procedure. This is a good feature since scarring is associated with recurrent contractures.

### What are the long term results of the Percs (SPML) procedure?

The best data comes from Dr. Nuzzo's website ([www.pediatric-orthopedics.com](http://www.pediatric-orthopedics.com)) where he reports a 5-year review of 278 cases. "Post op admissions were 0.01% (4 cases, single night). Repeat procedures at any location were 10%. Recurrence of operative site contracture occurred in 7%. There were no cases of infection, over-lengthening, significant hematoma. All surgeries were performed supine. None required surgical room time in excess of 60 minutes. Parent satisfaction was positive in 100% with similar follow up survey results one year later." My results have been similar.

### How soon can children resume PT following Percs (SPML)?

They can walk as soon as it is comfortable for them, usually the next day. If not walking by the third day, it is time to start. It usually takes 1-2 months to regain the before-surgery level of activity; then expect monthly improvement up to 4-5 months from surgery. PT can be very beneficial and can be resumed within the following week.

**Dr. David Yngve may be contacted by email at [dyingve@utmb.edu](mailto:dyingve@utmb.edu), or call his office at University of Texas Medical Branch at (409) 772-3505.**

## Intensity Works in Feeding Clinic, Too

Several of our patients have been to the Intensive Feeding Program at Penn State's Hershey Medical Center with positive results. It correlates that if intensive PT works on a child's mobility then an intensive feeding clinic works at teaching a child with neuromuscular disorders how to eat. This was the case with four-year-old **Emily Kavanaugh** of Hillsborough, NJ. Emily was in the intensive feeding program for a five-week intensive program. Prior to the session, Emily was primarily being tube-fed but can now eat most foods orally, reflected her mother, Amy.

Children who are admitted into the day treatment program will be brought to the Feeding Program in the morning and spend their day at Hershey Medical Center. All of the child's meals will be fed at the Center. Most children will have 5 to 10 feeding sessions per day, for up to 5 weeks. Therapy sessions are conducted by a feeding therapist or by the child's caregivers if parent training is being conducted. The Hershey Feeding Program is overseen by Pediatric Neuropsychologist, **Dr. Keith Williams**. You may contact the Hershey Medical Center Intensive Feeding Program at: **Phone: 717-531-7117, Fax: 717-531-0720, Email: [feedingprogram@hmc.psu.edu](mailto:feedingprogram@hmc.psu.edu)**



## Holidays at Euro-Pēds: Our Family Photo Album



## Thanks, Gracias, Merci, Grazie, Xie Xie, etc...

There's just not enough ways to say THANK YOU to all of our generous donors and selfless volunteers, but we'll try:



*The NOMC hospital lab staff had an all-day Bake Sale in the hospital on Halloween. They raised \$600 for the North Oakland Foundation's Adopt A Euro-Kid fund. Benoit from Ontario (our patient-turned-fireman) dropped by to thank the lab staff.*



*Paula Weinmann and her 5<sup>th</sup> grade class from St. Stephen Lutheran School of Waterford, Michigan, donated books to the clinic to be used during therapy.*



*As part of "The Kingdom Assignment" program at Grace & Peace United Methodist Church in Pontiac, Pat Jackson purchased 18 stuffed animals for the Euro-Pēds patients. Ryan from Jackson, Michigan is shown surrounded by her donations.*



*Susan Mortimore & Sandy Callahan from The Cut-Up Quilters hold up their prize-winning quilt made from a "challenge fabric." The members of the group from Waterford donated 9 handmade, uniquely-designed quilts to Euro-Pēds patients.*



*QTMC and The Palace Patrol giving away one of many Piston's paraphernalia to Jon during their annual holiday visit to the clinic.*

*Gratitude & Thanks also goes out to...* **Christina Gibson** at **ExtendedStay Deluxe of Auburn Hills** who helped two families receive hotel accommodations; **Goodsearch.com** for their annual donation; all of **YOU** who use Goodsearch.com as their search engine and designate "*Euro-Pēds - North Oakland Medical Centers*" as their charity of choice; **Shannon Williams** of Las Vegas for the donated American Girl Wheelchair; **Pauline Williams** for the VHS Tapes; **Patty Lyons** for the DVDs; **Allen Einstein & the young men from Project 2000** for the Halloween gift bags; **Evelyn Edwards** for her handmade blankets; **Leona Revoldt** for stuffed animals, books, backpack, and the handmade infant hats; **Frances Hackewicz** for handmade hats for patients; **Natasha Smith** for the stuffed animals; The Trinkets & Treasures Gift Shop & the **Auxiliary to NOMC**, for their surprise gifts to Euro-Pēds patients who visit them; **Jill McQuaid** for her presentation to parents about Euro-Pēds; **Sanzeetha Wasif** for helping spread the word about Euro-Pēds; **Stephanie Leigh** for the generous

contributions of food and snacks for the out-of-town family's Welcome Baskets; and to all of you who keep us energized with your surprise cakes, candies and goodies (especially on Valentine's Day)

*.. Many Thanks!!*

**SAVE THE DATE!**  
**Euro-Pēds REUNION**  
**Sunday, September 14**  
**12:30pm-4pm**  
**Oakland Yard Athletics**  
5328 Highland Road, Waterford, MI 48327