

MAPSM THERAPIES

Your child will receive 3 treatments per week as clinically needed. The following are some of the therapies that may be prescribed for your child depending on his/her functional needs:

Interactive Metronome® (IM) -- This device is used as a treatment tool to improve the ability to selectively plan and sequence, without interruptive thoughts or external distractions, over extended periods of time. Your child will tap in time with the beat that is played through headphones, and the data received by the computer is analyzed as to when the tap occurred in relation to the beat. This training improves your child's ability to recognize and focus on rhythmic patterns or cycles that exist in our surroundings, ultimately improving the ability to learn from experiences.

Play Attention® -- Using a high-tech, sensor-lined helmet, Play Attention reads brain signals that are indicative of concentration to control computer games. Practice with interactive games/exercises helps teach patients to improve focus, behavior, academics, and social interaction.

Tactile Stimulation/Massage Therapy -- Sensation from the left side of the body is perceived in the right brain. Using massage therapy, vibrational modalities and brushing techniques on the appropriate side can increase plasticity in the hypo-functioning brain. Home therapies may also be prescribed.

Olfactory Stimulation -- Through aromatherapy we use certain scents to promote desired responses. Peppermint oil improves the brain's ability to understand, process, and retain information; lavender oil promotes calmness while eucalyptus improves respiratory function.

Music Therapy/Auditory Stimulation -- Therapy may consist of listening to foreign language tapes, nature sounds, or Mozart's music which has been clinically proven to improve intelligence and brain function. We also direct the stimulus to the left or right brain by isolating the sound to one ear.

Light Stimulation -- Different therapies such as Hemifield stimulation or "eyelights" are applied to either slow down or speed up the amount of visual stimuli your child receives every day.

Vestibular Exercises -- Comprised of the inner ear, eyes and brain, the vestibular system allows us to be steady, coordinated and balanced. Vertigo (spinning, nausea), motion sickness, or poor balance are symptoms of vestibular problems. Spinning and eye exercises and applying different head positions strengthen the system's connections.

Joint Mobility & Flexibility Exercises -- Decreased activity causes shortened muscles, producing some stiffness of the joints over time. Flexibility exercises are specifically geared toward lengthening muscles. Slow stretches, including yoga postures can restore normal tone. This allows normal communication between the muscles and the brain.

Breathing Exercises -- Improper breathing decreases the body's fuel delivery that is needed to think, digest food or move properly. Poor posture is also attributed to inefficient, poor breathing habits. During breathing exercises, oxygen saturation is monitored to ensure proper oxygenation is achieved.

Balance & Coordination Exercises -- Rocker boards and wobble boards of varying levels of difficulty help improve balance. Coordination exercises such as catching a ball with a non-dominant hand are also employed. Recent studies have found that motor skill improvement has a major impact on brain function.

Dietary Changes & Nutritional Supplementation -- Dietary changes may be recommended to facilitate neurological balance. Most children need some form of nutritional supplementation to assure they are getting all the proper nutrients.