A child’s daily life is the process of becoming progressively more independent from one’s parents until one becomes an adult, responsible for one’s own care and actions.
GOAL OF PEDIATRIC REHABILITATION

• Encourage physical, mental and emotional development

• Maintain or improve function

• Prevent secondary complications
A child is not just a miniature adult!

- The developmental process must be taken into account
- A lifelong view of the patient must be utilized in planning their treatment
- Family adjustment needs to be addressed
TRAINING REQUIRED

• PEDIATRIC KNOWLEDGE OF DISEASES AND DISABILITIES COMMON IN CHILDREN
  – NATURAL HISTORY OF THE PROBLEM
  – GROWTH & DEVELOPMENTAL MILESTONES RELATED TO THE PROBLEM
  – SOCIAL, EMOTIONAL ISSUES RELATED TO THE DISABILITY
REHABILITATION TRAINING

- Knowledge of therapies that would help the child gain developmental milestones
- Knowledge of equipment that would help a child be more independent
- Knowledge of possible complications of a problem
NEURO-MUSCULAR EXAM OF A CHILD:
OBSERVATION
PLAY
ABILITY TO FOLLOW INSTRUCTIONS
DEVELOPMENTAL LEVEL FOR AGE
NORMAL REFLEXES
PEDIATRIC REHABILITATION

• WE NEED TO HELP THE CHILD PARTICIPATE IN ACTIVITIES THAT WILL HELP THEM GAIN PHYSICAL, COGNITIVE AND EMOTIONAL SKILLS TO BECOME INDEPENDENT ADULTS IF POSSIBLE.

• WE ALSO NEED TO HELP THE FAMILY WITH PLANNING THE LONGTERM CARE FOR A CHILD THAT IS NOT ABLE TO BECOME INDEPENDENT.
Patient population:
Scoliosis
Cerebral Palsy
Spina Bifida
Muscular Dystrophy
Traumatic Brain injury
Developmental Delay
Abnormal muscle tone
PEDIATRIC REHABILITATION RESIDENCY AND FELLOWSHIP TRAINING

• COMBINED PEDIATRIC AND PM&R TRAINING
  – 2 PROGRAMS- 5 YEARS WITH ALTERNATING TRAINING AND COMBINED ACTIVITIES AS MUCH AS POSSIBLE ie CLINICS IN PEDS REHAB WHEN POSSIBLE
  – CINCINNATI CHILDRENS HOSPITAL AND UNIVERSITY OF CINCINNATI DEPT. PM&R
    • http://www.cincinnatichildrens.org/education/clinical/specialty/rehab/default/
  – Nemours/Alfred I duPont Hospital for Children and Thomas Jefferson University
    • http://www.nemours.org/education/gme/specialtymedical/rehabilitation.html
PEDIATRIC REHABILITATION RESIDENCY AND FELLOWSHIP TRAINING

• ACGME Web site for GME or AAPMR or AAP
  – Lists 18 Fellowships 1-2 years in length
    • Some requiring research for 2 year program
    • Program after completion of PM&R residency
    • Some are more like a junior attending program after completion of a 5 year program.
Questions?