



TAYLOR
PHYSICAL THERAPY

**January 2022
Newsletter**

PEDIATRIC OCCUPATIONAL THERAPY

Lynda Bohlmann, Taylor Therapy's pediatric occupational therapist, is often thought of as a healthcare professional who can only help children with Autism Spectrum Disorder, Down Syndrome, Cerebral Palsy, or those who are diagnosed with developmental delays. This is accurate; however, Lynda also has the training to help with the wiggle worm at supper who can't sit still, the frequent "tantrum thrower", and the little one who avoids specific textures or surfaces. The best part - Lynda is also trained to incorporate play during rehabilitation! Check out some techniques that she uses to help children interact with the world around them to the best of their ability!



Lynda Bohlmann

1. SENSORY PROCESSING DISORDER:

Children with sensory processing disorder often experience too much or too little stimulation through their senses and struggle to understand the information they are receiving. During sensory integration therapy, the therapist works with the child to help them understand the noises (loud or soft), textures (tags of clothing) and other senses they interact with on a daily basis. In return, the child feels more comfortable in their environments and is able to sit through a big brother's basketball game without fearing the whistle!



Taylor Physical Therapy

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2. ACTIVITIES OF DAILY LIVING SUCH AS BRUSHING TEETH AND USING ZIPPERS:

Lynda has many brightly colored tools in her tool bag to help children succeed with tasks they encounter every day! Play vests covered in buttons or zippers allow endless practice with dressing and brushing a doll's teeth or the back of their hand to familiarize with tooth brushing is just the tip of the iceberg for tricks!

3. ADD OR ADHD:

There are many aspects of this diagnosis that are not understood or are overwhelming to parents. This is exactly why a Lynda is important to have as part of your care team! She can recommend toys such as fidget sticks or wiggle seats to use during times children struggle to focus. Big emotions and behavioral outbursts can be tackled through weighted blankets, calm spaces, and deep breathing!

4. FOLLOWING ORTHOPEDIC INJURY OR SURGERY:

Physical Therapy is often considered following orthopedic surgery or for post-fracture care; however, occupational therapy is just as important! Lynda can provide guidance with the use of adaptive equipment as needed or incorporate games to assist with coordination and range of motion!

Lynda Bohlmann, OTR/L is patient and family-focused and works with children of various diagnoses/disabilities to maximize their function and quality of life. If you think your child could benefit from pediatric occupational therapy – don't wait! The earlier therapy is started, the sooner your child will be better understanding and interacting with the world around them!

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