

# What is Pediatric Therapy?

## A Pediatric Therapist:

- Works with children ranging from birth to age 21 and their families to reach maximum independent function
- Promotes active participation in home, school and community environments
- Is trained to assess the gross motor and sensory functions of children and design an individualized care plan that will emphasize improved functional skills, or prevention of further disability
- Focuses on strategies to increase participation, facilitate motor development and functions, improve strength and endurance, enhance learning opportunities, and ease challenges with daily caregiving
- Promotes health and wellness in collaboration with families and other medical, developmental, and educational specialists



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## Pediatric Therapy

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Call today to schedule an appointment!  
402-443-1426

SMC Therapy Services  
1760 County Road 27  
Wahoo, NE 68066

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## Common Pediatric Diagnosis' Evaluated by a Therapist

- Autism/Spectrum disorders
- Cerebral Palsy
- Torticollis
- Developmental/Gross Motor Delay
- Downs Syndrome
- Gait abnormalities
- Genetic Syndromes
- Hypotonia
- Post-surgical orthopedic rehabilitation
- Toe Walking
- Traumatic and acquired brain injury
- Cardiopulmonary conditions
- Sensory and motor planning issues associated with prematurity
- ADHD/ADD
- "Clumsy" motor incoordination

## Holly Meiergerd, PT, DPT, PCS

Holly graduated from the University of Nebraska Medical Center with her Doctorate in Physical Therapy in 2008.

She earned her specialty certification as a Pediatric Certified Specialist in 2015.

She has worked with pediatric patients since 2009 in the outpatient setting including:

- a wide variety of common and rare medical diagnosis
- land and aquatic based therapy
- orthotic assessment and training
- wheelchair evaluations and equipment recommendations/training

Holly encourages a team based approach to pediatric care, putting the family and patient at the center of all decision making.

## Services Provided:

- Complete Pediatric Physical & Occupational Therapy Evaluations from ages 0 - 21
- Provide resources for promoting fitness and strength in children
- Aquatic Therapy
- Gait Training/Assistive Device Assessment
- Manual and Motorized Wheelchair Evaluation and Training
- Myofascial Release
- Neurodevelopmental Treatment (NDT)
- Patient and Family Education
- Partial Body Weight Treadmill Training
- Sensory Integration
- Upper and Lower extremity Orthotic/Prosthetic Device Training
- Feeding strategies
- Eye-hand coordination
- Cognitive/perceptual skills
- Self-care strategies

## Cortney Kleffner, OT

Cortney graduated from Creighton University in 2001 and has worked in a variety of settings including pediatric, acute, subacute, outpatient, and behavioral health.

She has training in sensory issues, wheelchair evaluations, fine motor and gross motor skills, visual motor integration, and activities of daily living such as dressing or feeding.

Cortney is a firm believer in finding treatments that work for the patient that can be carried out not only in the clinic, but at home, school, and other areas of daily living.

