

Move More, Learn More!

Integrating Physical Therapy into the Classroom

Developed by the PT Director & PT Managers

Agenda

- Introduction
- Physical Therapy and Response to Intervention (RtI)
- Physical Therapy in the Classroom
- Question and Answers

What do physical therapists do in the schools?



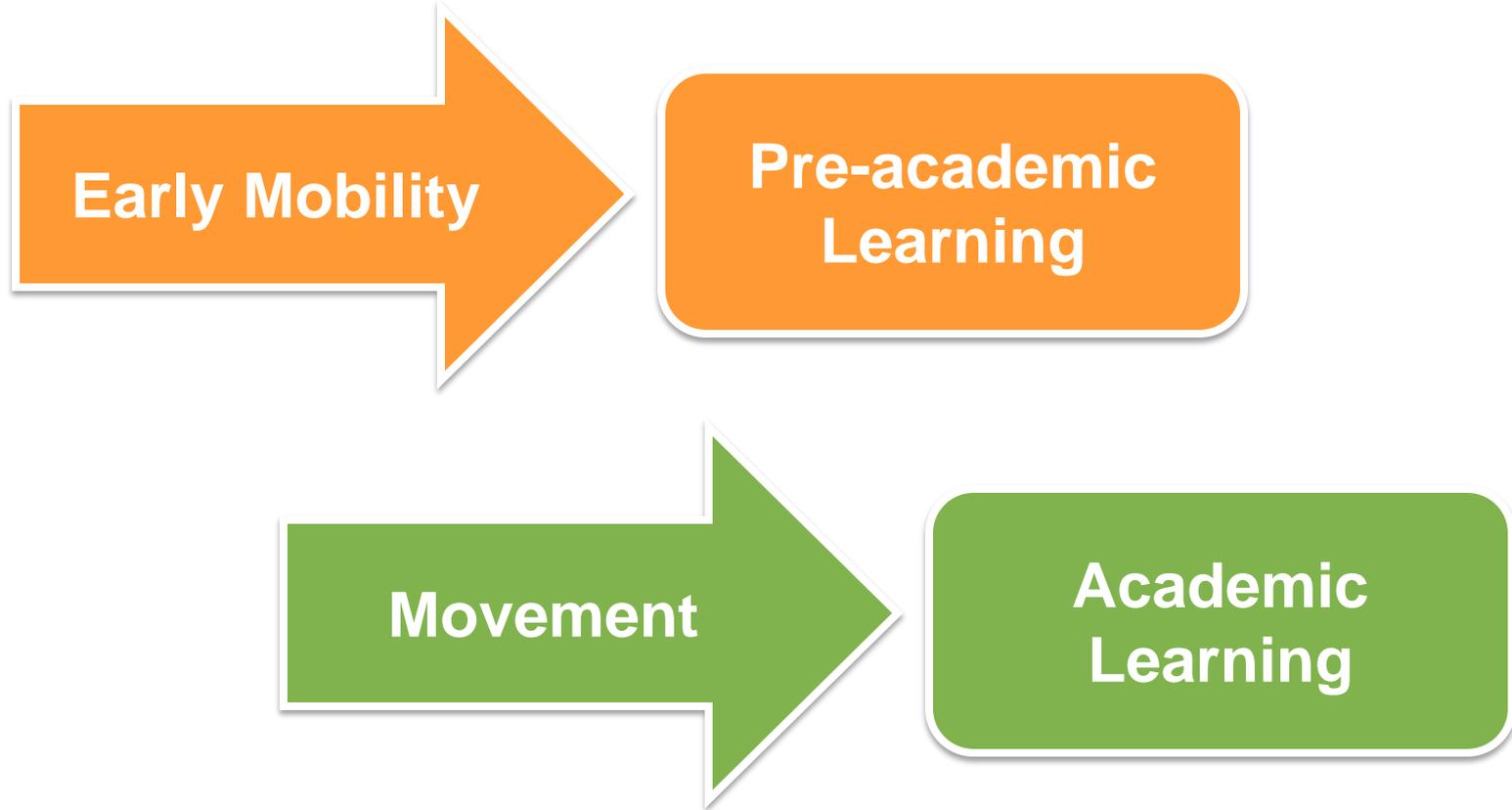
School-Based Physical Therapy

- **School mobility** – student’s ability to access various areas of the school via walking, wheelchair or other means of mobility
- **Classroom activities** – function related to participating physically and maneuvering within the classroom environment
- **Accessing (and participating in)** the lunchroom, playground, bathroom, transportation, etc.
- **Post-School Transition** – college and career readiness

School-Based and Evidence-Based PT



Research

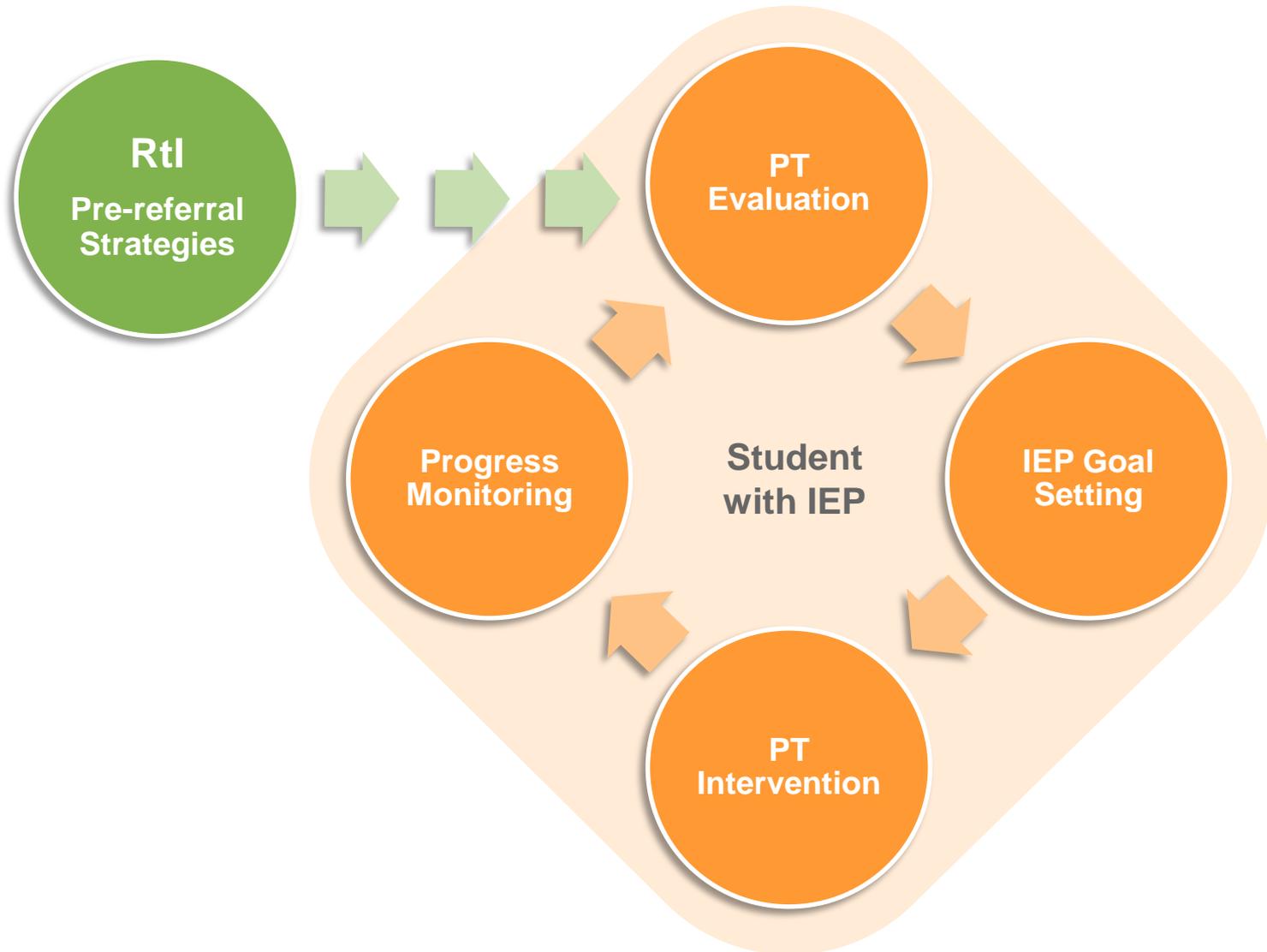


Video: Movement Break with Robin and Jack



Side Stretch

Role of Physical Therapy



Focus for Today

**RtI
Pre-referral
Strategies**

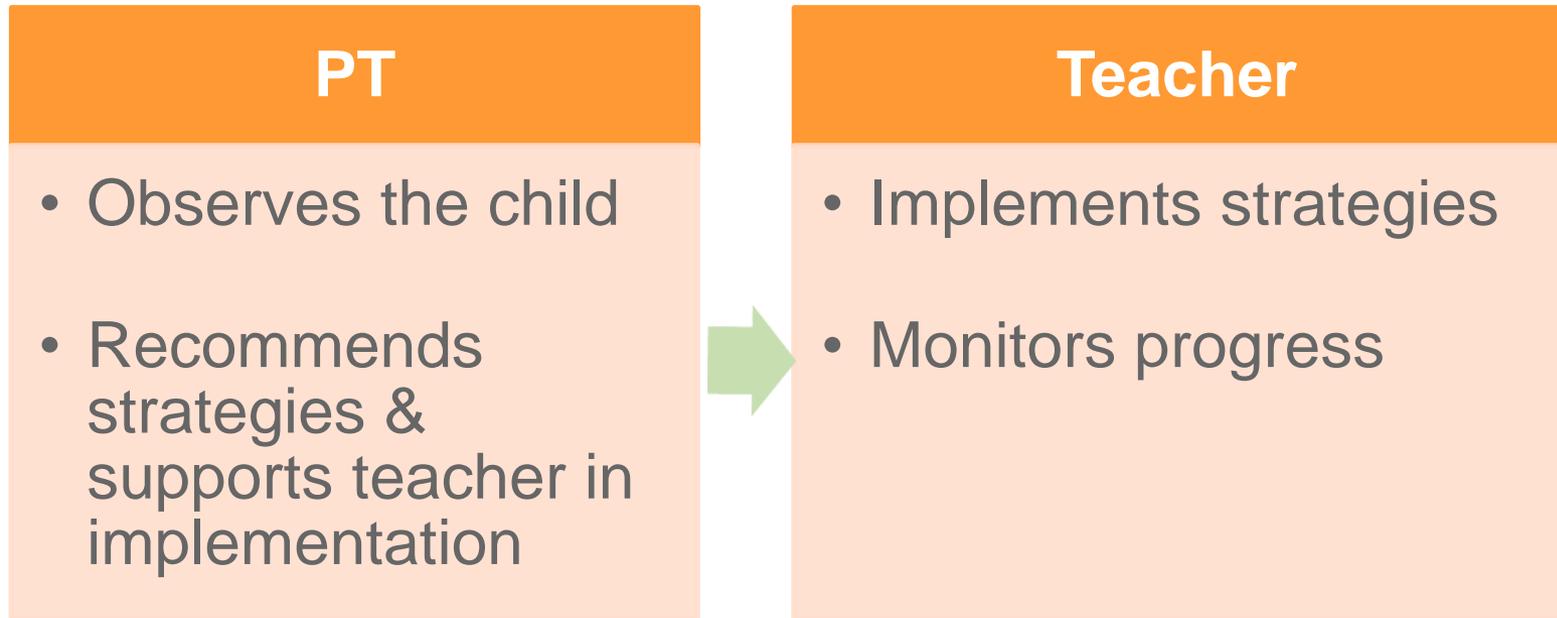
**Integrated
PT
Intervention**

PT and Response to Intervention (RtI)

- PTs can participate in RtI to:
 - Support struggling students early
 - Support students in the least restrictive environment as appropriate

PT and Rtl - Process

- Student is referred by teacher or other school staff



PT and Rtl – Case Study



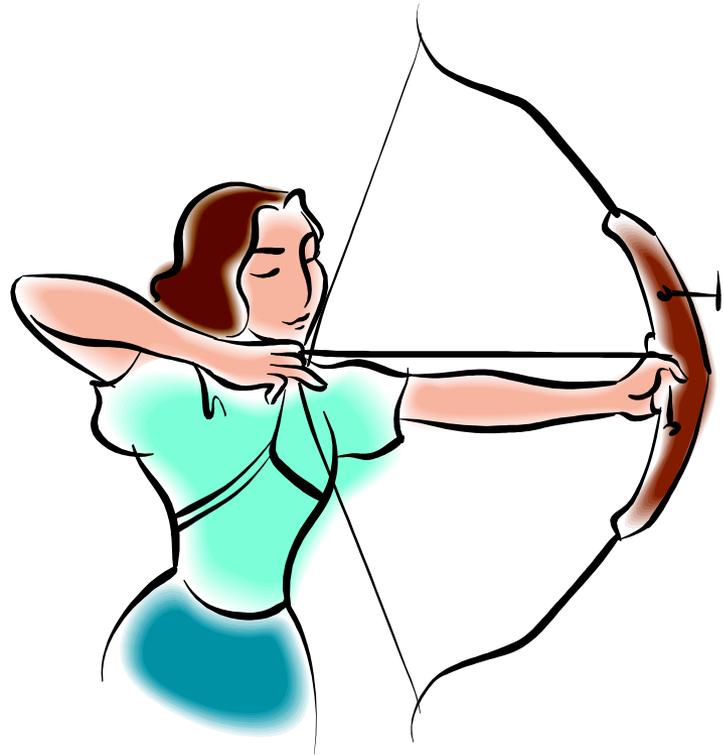
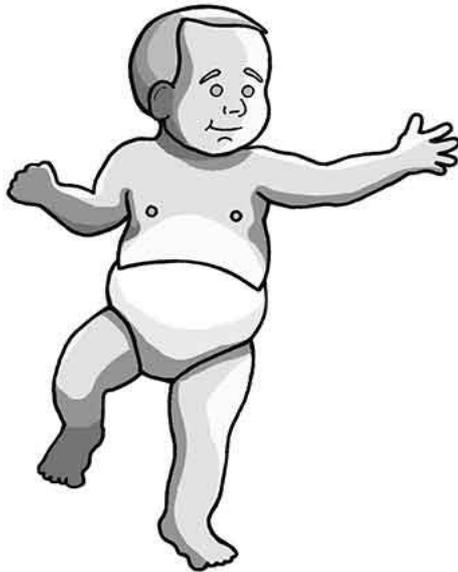
PT and Rtl - Process

- Observation findings
 - In the classroom – unable to copy from the blackboard; fidgety
 - In the gym



Asymmetric Tonic Neck Reflex (ATNR)

- Primitive reflex newborns have that vanishes after 6 months of age



PT and Rtl – Solution



Life Cycle of a Butterfly

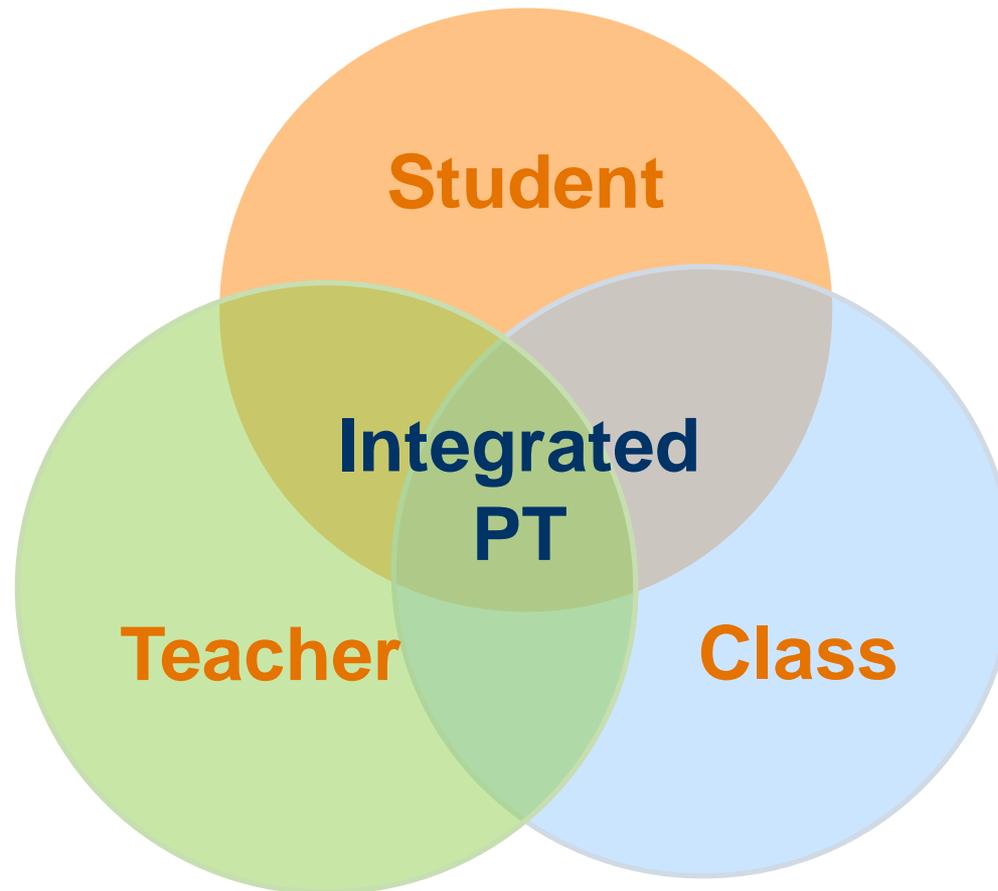


Integrated Physical Therapy

The student receives PT services:

- During actual class or school activities
- Alongside his peers

Benefits of Integrating PT in the Classroom



Benefits for the Student

- Classroom activities are not missed
(McWilliam & Scott 2001)
- More opportunities for skill practice in the natural environment
(McWilliam & Scott 2001)
- Therapist can monitor the effectiveness of strategies
(McWilliam & Scott 2001)
- Fosters social acceptance, self-esteem and social skills
(Kennedy, Shuka & Fryxell 1997; Mu, Siegal & Allinder 2000)

Video: The PT-Classroom Connection



Classroom
Same Goal
Similar Activity

Benefits for the Class

- Increased achievement for children with and without disabilities
 - ✓ Attention
 - ✓ On-task behavior
 - ✓ Performance in the classroom
 - ✓ Performance on standardized tests

(Kennedy & Itkonen 1994; Hughes 2001; Oriel, George, Peckus and Semon 2011; http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf 2010)

Video: The PT-Curriculum Connection



Sight Word

Benefits for the Teacher

- 400% increase in collaboration
(McWilliam & Scott 2001)
- Easier, more manageable class
(Carmela Brutto, Jeanie Carmody-Lyudmer, Jeminah Russell DOE teachers)
- Gives teachers more tools in their toolbox
(Nick Einenkel, Susie Spiegel DOE teachers)

Video: The PT-Teacher Connection



Susie Spiegel
Nick Einenkel
Classroom Teachers

Other Opportunities for Integrated PT

- During transitions: stairs, hallways
- During Lunch
- During Recess
- During Gym
- Getting on and off the bus
- Anywhere with their peers