

THE BEST CARE **FOR YOUR CHILD**

INSIDE:

- Take Advantage of Our Specialty Services
- Patient Success Spotlight
- Healthy Recipe

**CALL (517) 853-6800
TODAY TO SCHEDULE
AN EVALUATION!**
DETAILS INSIDE

THE BEST CARE FOR YOUR CHILD

INSIDE:

- Take Advantage of Our Specialty Services
- Patient Success Spotlight
- Healthy Recipe

Discover The Benefits of Coordinated Pediatric Care at Peak Performance Physical Therapy

At Peak Performance Physical Therapy, we provide many types of pediatric therapy to help your child. You can rest easy knowing that your child's treatment will be as seamless as possible through our integrated care plans. Peak Performance Physical Therapy is proud to be a multidisciplinary practice that offers

coordinated pediatric physical therapy, and physical therapy, so there's no need to travel from specialist to specialist to tend to all of your child's needs. Contact our office today to learn more about our therapy services.

Pediatric Physical Therapy Services

There are several conditions a child may have that will require support from a skilled pediatric therapist at Peak Performance Physical Therapy. Some children have difficulty with gross motor skills as a result of being born prematurely or have neurological impairments that can be the result of a genetic disorder or complications during birth.

Below is a list of conditions pediatric physical therapy is recommended for:

- General developmental delays
- Genetic disorders
- Balance and gait issues
- Gross motor delays, coordination problems
- Muscle weakness



Jill Marlan
PT, MSPT, OMP, CSCS
CEO & Founder of Peak Performance

A MESSAGE FROM THE CEO

Pediatric physical therapy spans from infancy, adolescent, and up to young adults. Our Physical therapists are trained to work with children and their families to assure each child is hitting their age-appropriate developmental milestones and structural growth. The goal is that every child is reaching their maximum potential to function independently and to promote active participation in home, school, and community environments. Some of the things that our PT's treat are: torticollis, toe walking, sports injury, low tone, developmental delays and pain. If you notice that something is not right or if your child is suffering from pain call today and our team can help. Caring for the smallest patients takes the mightiest team!

TAKE ADVANTAGE OF OUR SPECIALTY SERVICES

Physical Therapy Services

Physical therapy is a safe, effective, and non-invasive treatment option. This kind of therapy can relieve pain resulting from a wide range of musculoskeletal conditions. Pediatric physical therapy focuses on helping children who struggle with these conditions to develop the necessary skills for growing into independently functioning adults.

Peak Performance Physical Therapy's pediatric physical services can address many conditions, including the following:

- **Developmental delays**
- **Reflex integration**
- **Visual deficits**
- **Gross motor skills**

If your child needs physical therapy, their therapist may work with them on a treatment plan that will focus on increasing physical activity, balance levels, range of motion, and flexibility.

The Importance of Physical Therapy In Your Child's Growth

A pediatric physical therapist can work with your child to help them learn, grow, and play. Physical therapy will assist your child in developing or improving their fine and gross motor skills. The overall goal of pediatric therapy is to help your child be more independent as they age so that they can live a normal life.

Sometimes your child's therapy will only involve play, like jumping, climbing, or dancing. Other treatments may focus on specific tasks like getting dressed, eating on their own, or holding a crayon or pencil correctly for writing.

Parents are always provided with helpful information and guidelines to work on with your child at home. Your role in your child's therapy is just as important (if not more) than the role of your child's physical therapist!



Your child's growth and development are the top priority at Peak Performance Physical Therapy. If you believe that he or she requires physical or pediatric therapy, contact our office today. Peak Performance Physical Therapy understands how difficult it can be to manage your child's condition alone. Let us provide you with integrated guidance and care; call us today to schedule an appointment with one of our skilled therapists.

www.peakperformanceomt.com

Patient Success Spotlight



"Thank you for making her feel so loved and supported!"

"Everyone there was so wonderful! My 8 yr old daughter broke her back and they were all so nice to her and made it very easy for her to feel comfortable and do her workouts. When she completed treatment she actually cried and said she was sad she wouldn't get to see everyone anymore. Thank you for making her feel so loved and supported though all this!" -**M.M**

CALL TODAY! 517.853.6800 | www.peakperformanceomt.com

PEAK
PERFORMANCE
Physical Therapy

STAFF SPOTLIGHT

Megan Brew, PT, DPT

Megan was born and raised in Temperance, MI. Megan has a passion for horses that started at 9 years old, when she began taking horseback riding lessons. She competed at a local level in horse shows, and spent countless hours volunteering with camps and riding events. She went on to be a member of the Equestrian Team at Central Michigan University, and competed against riders throughout Michigan and Canada. Megan attended Central Michigan University for her undergraduate degree. She chose to study pre physical therapy in addition to

getting her Bachelor of Science in child development. This helped her gain a further understanding of the pediatric and adolescent patient population. Megan then went on to Oakland University for her Doctor of Physical Therapy. Megan is now the clinic manager at the Mason location of Peak performance physical therapy. She enjoys working with a wide variety of patients; however, she specializes in pediatric physical therapy. Megan has experience treating a variety of pediatric conditions including torticollis, toe walking, developmental delay, and much more.

Megan discovered physical therapy when volunteering for a hippotherapy program at her local barn. Hippotherapy is physical therapy for children, using horses as the therapy tool. After this experience, Megan knew that she wanted to be a physical therapist. Her interest in PT grew the more she learned about everything a physical therapist can do.

**CALL TODAY TO SCHEDULE AN EVALUATION!
YOU DON'T HAVE TO BE HURT TO GET BETTER**

PEAK
PERFORMANCE
Physical Therapy

(517) 853-6800

Because you are a past patient of Peak Performance Physical Therapy, we invite you for:

Lansing Clinic
DeWitt Clinic

Okemos Clinic
Mason Clinic

www.peakperformanceompt.com

*Our Annual Theme for the
Year is "Raise the Bar"*

Peak Performance is striving to "Raise The Bar" in healthcare by helping each other as a community to overcome these difficult times. We go the extra mile to ensure our patients are more than satisfied and are receiving top-notch care. We are here for YOU and we are here to Raise The Bar.

HEALTHY RECIPE

GRILLED CHICKEN CAPRESE



INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 oz fresh salted mozzarella
- 2 tbsp olive oil
- 2 plum tomatoes
- 1/4 cup fresh basil

DIRECTIONS

Set grill to medium. Lay the chicken breasts flat and cut horizontally with a knife parallel to a cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on a grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>

WE MAKE IT EASY TO LEAVE A REVIEW!



(Lansing Location)



(Okemos Location)

INSTRUCTIONS:

1. Open your smartphone to the camera app
2. Center the desired QR code in the frame



(this will take you directly to our Google Review Page)

3. Let us know how we did!

FIND US ON SOCIAL MEDIA

