

PHYSICAL THERAPY

FAST FACTS

Milestones staff address these Physical therapeutic needs:

- balance
- strength
- gait
- coordination
- joint motion
- mobility
- gross motor milestones
- weight shift
- bracing/serial casting
- posture
- endurance
- pain management
- play skills

Milestones is dedicated to providing cutting edge technology and treatments in order to deliver superior care for our patients.

We believe this can best be accomplished by staying in step with current research and continually challenging not only our patients, but ourselves – to reach further to acquire more knowledge.

Physical Therapy is heavily involved in our newest program – **Aquatics**, offering a resistive, calming, fun and playful environment to facilitate progress in postural control, balance, weight bearing and gait.

Milestones is one of only 14 clinics in the United States offering **The European Pediatric Approach**, with its highly specialized equipment. We were the first to introduce this technology to the Rio Grande Valley. Milestones also offers **TheraSuit Technology**, based upon applications first utilized by the Russian Cosmonauts to prevent and reduce muscle atrophy in anti-gravity environments. TheraSuit Technology was later discovered to have positive effects on children with Cerebral Palsy and other neuromuscular deficits.

We also provide **Neuro-Developmental Treatment**, also known as **NDT**. **NDT** treatment programs (**The Bobath Method**) originated in Europe as well. This philosophy of treatment focuses on whole-body systemic approaches to facilitating posture and movements through space for children and adults with neurological challenges such as cerebral palsy and stroke. Staff therapists have participated in the in-depth training required to become certified in this approach. Our staff also has extensive experience with the zero-to-three population, targeting the challenges faced by premature births and other congenital problems.

Many of our patients have benefited from our **Hippotherapy Program**. The program is led by a staff Physical Therapist, who is a certified Hippotherapist as well as a life-long equestrian. In this program, we provide guided therapeutic intervention on horseback at an off-site equine facility. The “Jumping G” is specially outfitted for our young riders’ safety. This therapy, so popular with children, can be used to address developmental challenges such as muscle tone and balance impairments, as well as sensory-related disorders – often with remarkable results.

We look forward to developing new innovations, such as our **Aquatics Program**, to continually strengthen our ability to serve the community to whom we dedicate our mission. ■

MILESTONES THERAPEUTIC ASSOCIATES

3300 North McColl ■ McAllen, Texas 78504

(956) 661-0475 FAX (956) 661-0482

www.milestonestx.com