



## **Bonnie Boenig Occupational Therapist**

### **Pediatric occupational therapy: effective techniques and expectations**

Bonnie Boenig is an occupational therapist who graduated with her BS in OT from Quinnipiac College in 1979, and has been working with children ever since. Bonnie has extensive training in a variety of therapeutic intervention strategies which apply to pediatrics, including Neurodevelopmental Therapy (NDT), Sensory Integration, Myofascial Release, and Craniosacral Therapy.

Bonnie is an NDT OT Instructor, and she teaches the NDT Pediatric Course, an extensive eight-week long course, designed to train experienced pediatric therapists in the NDT approach to treatment. Bonnie is a recognized speaker nationally and internationally, teaching basic and advanced workshops and seminars on a variety of topics related to therapeutic intervention with children.

Bonnie currently works at Southwest General Health Center in Middleburg Heights, Ohio as a Pediatric Clinical Specialist, where she maintains a part-time caseload of children on active treatment. Bonnie also acts as a consultant to intervene periodically in the treatment of children in other facilities in Ohio, to assist in problem solving and treatment planning or to actively treat for a short burst of intensive therapy.

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**Children's and Family Workshop**  
The Transverse Myelitis Association  
Columbus, Ohio July 18-21, 2002

**PEDIATRIC OCCUPATIONAL THERAPY:**

**Effective Techniques and Expectations**

**Bonnie Boenig, OTR/L**

**Occupational Therapy**

The overall goal of treatment is to enhance the individual's capacity to function, minimize impairments, and prevent disabilities

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**Occupational Therapy**

*Primary Role in Pediatrics*

- To Help Children:
  - Play
  - Grow
  - Develop many skills that will enable them to enjoy a satisfying adult life

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**Member of a Team**

- Parent
- Physician / Specialists
- Physical Therapist
- Speech Therapist
- Teacher
- Nutritionist
- ... Others



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## Assessment

### *Holistic approach in assessing needs*

- Assessment using standardized tools
  - chronological developmental skill
  - emphasis on fine motor skills
- Observation
  - functional activities of daily living
  - analyzing posture and movement

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## Assessment

### *Holistic approach in assessing needs*

- Clinical Assessment
  - Range of Motion
  - Strength Testing



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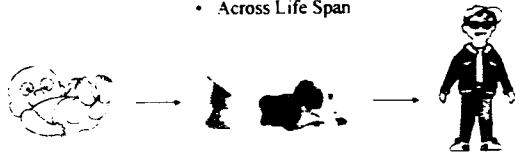
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## TREATMENT PLANNING

- Restoration of Function
- Developmental Skill Acquisition
- Based on Child Family Priorities
  - Across Life Span



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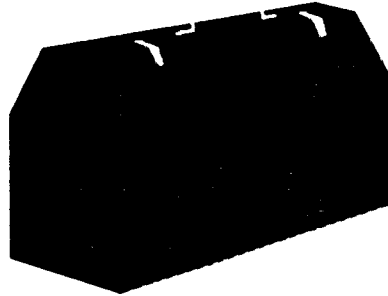
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# “Tools” of Treatment

“If the only tool you have is a hammer,  
you treat everything like a nail.”

- Maslow



# “Tools” of Treatment

PLAY



**“Tools” of Treatment**

“NDT”  
Neurodevelopmental Therapy



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“NDT” Neurodevelopmental Therapy

**Focus of Treatment**

Increasing and improving motor output  
for functional performance



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“NDT” Neurodevelopmental Therapy

**Treatment**

Intervention involves direct handling including  
facilitation and inhibition strategies to optimize function



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**"Tools" of Treatment**

**Sensory Integration**



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**Sensory Integration**

**Focus of Treatment**

Normalizing sensory processing and integration  
to produce adaptive responses



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**Sensory Integration**

**Treatment**

Therapist controls the environment and guides the  
child, enhancing sensory processing to impact movement,  
learning, and socio-emotional well-being



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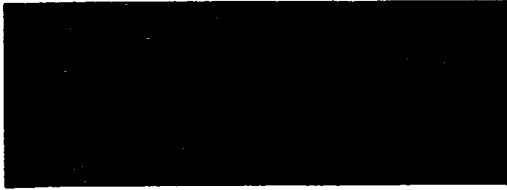
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**“Tools” of Treatment**

**Myofascial Release**



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**Myofascial Release**

***Focus of Treatment***

- Limiting restrictions within the fascial system to:
- increase range of motion, improve postural alignment
  - affect availability of skeletal and organ musculature
  - promoting healthy functioning of all body systems



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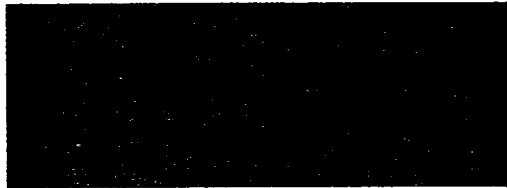
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**Myofascial Release**

***Treatment***

- “Hands-on” approach
- Involves light traction
- Follows lengthening of fascial tissue



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**“Tools” of Treatment**

**Craniosacral Therapy**



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**Craniosacral Therapy**

**Focus of Treatment**

Contributing to a balance or homeostasis within a given body system and between body systems



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**Craniosacral Therapy**

**Treatment**

“Hands-on” techniques which are usually no-intrusive and indirect

Focuses on the craniosacral system and its relationship to:

- central nervous system
- autonomic nervous system
- neuromusculoskeletal system
- endocrine system



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**“Tools” of Treatment**

Therapeutic Exercise / Strengthening



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Therapeutic Exercise / Strengthening

**Focus of Treatment**

Conditioning the musculoskeletal system using basic principles of applied kinesiology and strengthening

- Range of motion
- Flexibility
- Strength
- Coordination of movement



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Therapeutic Exercise / Strengthening

**Treatment**

- “Hands-on” stretching
- Active exercise with repetition
- Home exercises through play



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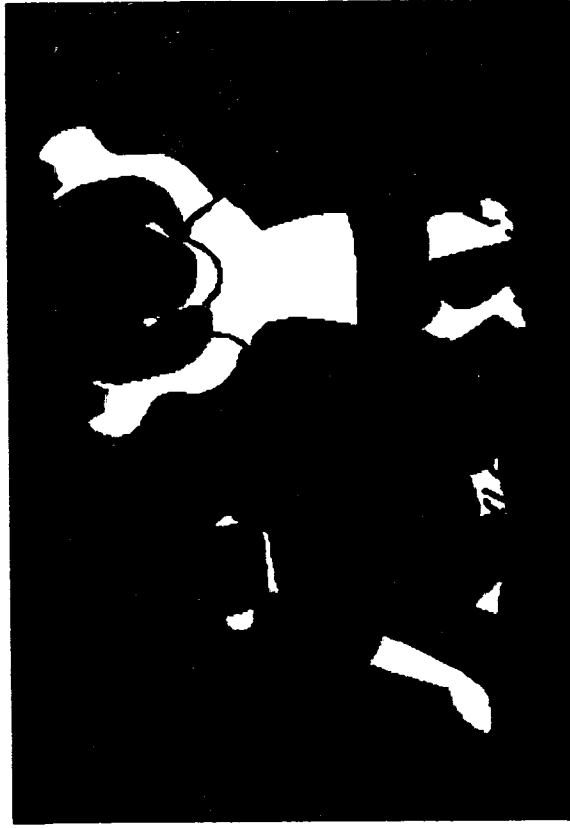
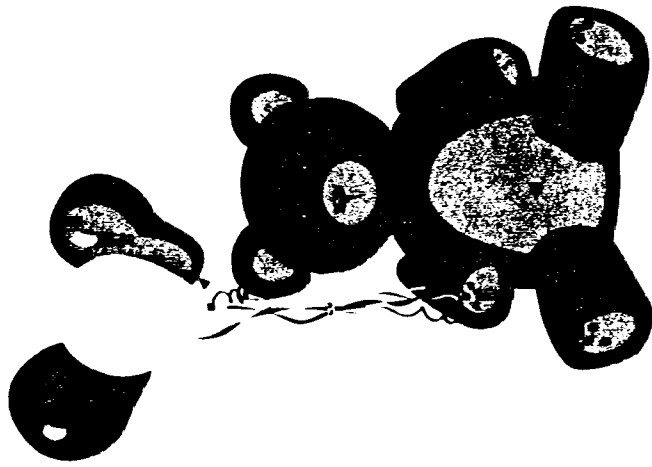
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Childhood should be about learning and play ..



... Not about pain and paralysis