

## Picky Eater Group

The Picky Eater Group is for children who have an aversion to certain foods, eat fewer than 20 foods and experience poor weight gain. The Occupational Therapist reinforces positive food behaviors, teaches about the physical/sensory properties of food and provides a structured routine for food interaction.

## Orthotics and Casting

Custom designed for children that may require orthotics or casting to improve alignment of their foot and ankle. A Physical Therapist will devise a cast shape of the foot/ankle in the desired position of function. This program will improve standing/walking abilities, prevention or correction of deformity and increase range of motion.

## Motor Planning/Dyspraxia Program

The Motor Planning/Dyspraxia Program improves organization of movement and behavior at home, school and recreational activities. This program is for children who have difficulty with coordination, body awareness and organizing behavior.



## Additional Therapeutic Opportunities

In addition to the specialized programs, Cardinal Hill offers:

- Chef and Child Cooking Classes
- Hippotherapy (therapy utilizing horses)
- Summer Day Camp
- Recreational Activities
- Pet Therapy
- Garden Therapy
- Neurodevelopmental Therapy

[www.cardinalhill.org](http://www.cardinalhill.org)



## Aquatic Program

Cardinal Hill's Aquatic Program promotes both physical health and well-being by increasing functional mobility, enhancing relaxation and fostering independence. Participants can take advantage of our individual programs for orthopedic and neurological conditions. The Aquatic Facility offers three accessible indoor pools, family changing rooms along with separate locker rooms. Some of the programs offered through our Aquatic Program are:

- Independent Pool Programs
- Fearful Swimmers Class
- Infant Toddler Swim Classes

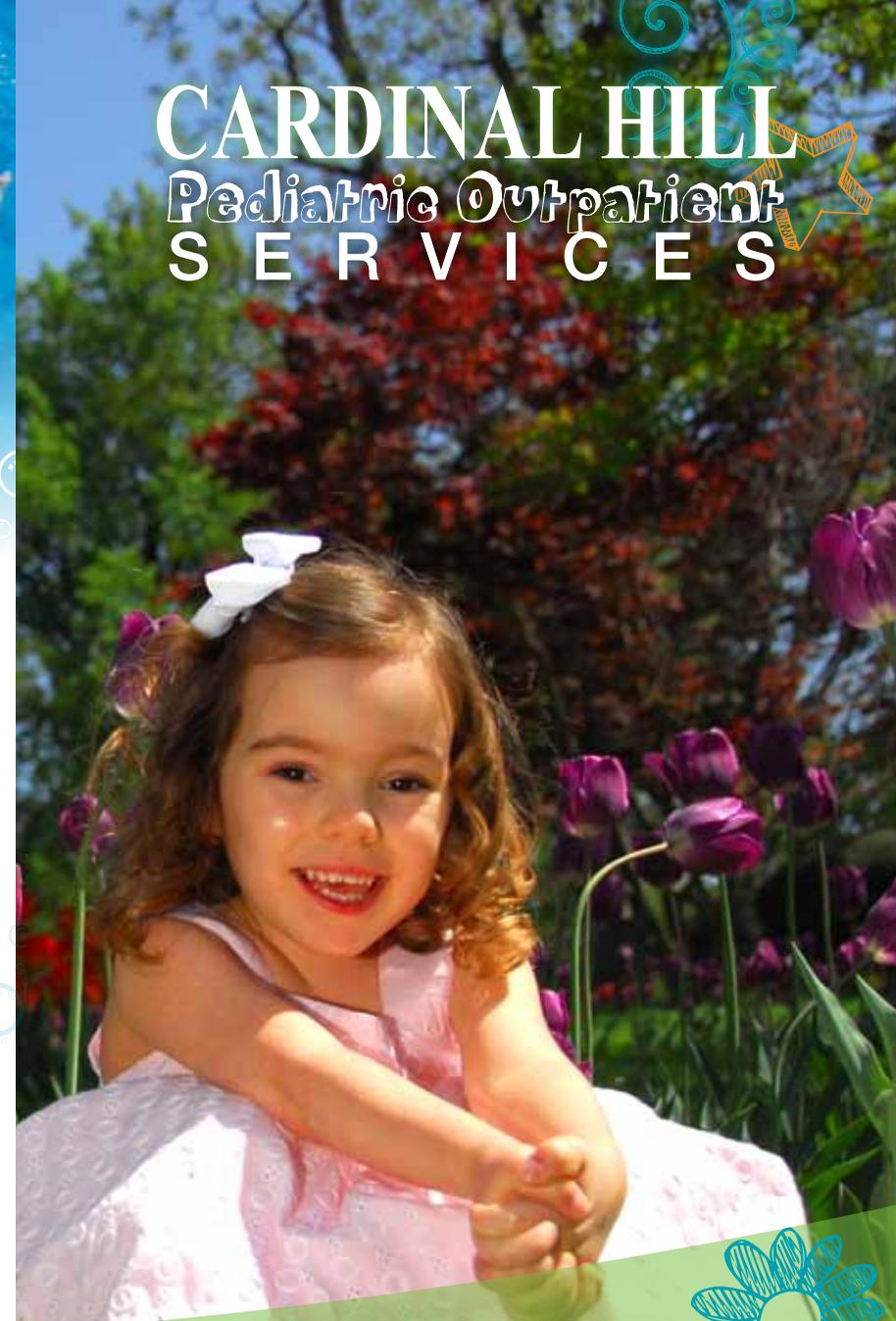
To make a referral please call 859.367.7121.

# CARDINAL HILL Pediatric Outpatient SERVICES

**Cardinal Hill is a 501(c)(3) Nonprofit Organization.**  
*Cardinal Hill Rehabilitation Hospital serves individuals of all ages without regard to race, color, national origin, disability or age.*

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# CARDINAL HILL Pediatric Outpatient SERVICES



*Physical Rehabilitation*  
**at Its Best!**

Carly Mefford, Cardinal Hill Patient  
Greg Lowe Photography

# Pediatric Outpatient Services

Excellence in caring for children has been Cardinal Hill's mission from its beginning. Today, our Pediatric Program provides comprehensive rehabilitation services enabling children from infant to 16 years of age to thrive and succeed in life, regardless of diagnosis. Children will receive expert services from a team of pediatric specialists including:

- Physical Therapist
- Occupational Therapist
- Speech Language Pathologist
- Dietician

Our Outpatient Program treats children and teens with a wide variety of medical and congenital problems and developmental issues, including:

- ADD and ADHD
- Amputation
- Autism
- Brain Injury
- Cerebral Palsy
- Degenerative Joint Disease
- Developmental Abnormalities
- Down Syndrome
- Juvenile Arthritis
- Learning Impairments
- Multiple Trauma
- Muscular Dystrophy
- Neuromuscular Disorders
- Orthopedic Injuries
- Scoliosis
- Sensory Integration Issues
- Spina Bifida
- Spinal Cord Injury
- Stroke
- Traumatic Injuries
- Voice Disorders



# Specialized Services

In addition to traditional physical, occupational and speech therapy services, our program offers the following specialized services:

## Sensory Integration Treatment

The treatment of sensory integration issues features a unique Sensory Integration Gym, specifically designed for children who have trouble processing sensation and organizing movement. Carefully designed activities, under the direct supervision of a therapist, help the child improve function in these areas.

## Reading Program

This program assists children struggling to read. It uses a phonics approach that is multi-sensory and success-oriented to increase basic sight word recognition, phonological awareness and sound-symbol correspondence.

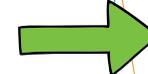
## Social Skills Program

The Social Skills Program uses strategies that include the ALERT program and social thinking to teach children to manage their level of participation to improve social interactions with their peers and adults.

## Fit Kidz Wellness

Fit Kidz is a 10 week program which allows each child to work one on one with a physical therapists or in groups with an exercise specialist to develop and work on physical activity goals. They will also work with a Registered Dietician on developing a nutrition plan and learn how to adopt a healthy lifestyle and healthy eating habits for both home and school.

**BFF**



## Eating and Swallowing Clinic

This program is for children who have difficulty drinking or eating, accepting new foods, and/or gaining weight. The goals of the clinic are to help children learn to eat a variety of foods safely, gain optimal eating skills, and make meal time more enjoyable for both the child and family.

## Interactive Metronome

This program is for children who have been diagnosed with Autism, Traumatic Brain Injury, Cerebral Palsy, Balance Disorders, ADD/ADHD or Sensory Processing Disorder. The goal of this program is to increase attention and focus as well as improve motor control, planning, coordination and academic performance.

## Handy Learning

The Handy Learning Program is for children who experience weak hand muscles. Children will work with an Occupational Therapist in a group setting to develop functional hand skills to improve fine motor skills. Therapists are trained at setting up the environment to promote fine motor development and intervene with cues as needed to ensure children develop appropriate skills.