

## Pediatric Rehab Staff

HRRMC's Pediatric Rehabilitation Program is staffed by occupational, physical and speech therapists who are specially trained in pediatric care.

### Occupational Therapists

**Debra Andres, MS, OTR**, graduated from Medical College of Virginia with a master's degree in occupational therapy. She has pediatric experience in a variety of settings including inpatient, outpatient, neonatal intensive care, home health and school settings.

**Cherina Heinitz, OTR**, graduated from Colorado State University with a bachelor's degree in occupational therapy. She has pediatric experience in hippotherapy (horse-aided OT), home health, outpatient, school settings, and as a certified Autism Diagnostic Observation Schedule (ADOS-2) team evaluator.\*

**Brianna Scott, MS, OTR**, graduated from Thomas Jefferson University, in Pennsylvania, with a master's degree in occupational therapy. She completed multiple internships with diverse pediatric populations, in both private practice and at the Children's Hospital of Philadelphia.

### Certified Occupational Therapy Assistant

**Wendy Walters, COTA**, graduated from Madison Area Technical College with an associate degree in occupational therapy. She has pediatric experience in a variety of settings, including a home-based integrated therapy program for children on the autism spectrum, school settings and home health.

## Physical Therapists

**Beth Sather, PT, DPT**, graduated from the University of Colorado with a doctorate in physical therapy. She has worked with pediatric patients in various settings, including outpatient, home health, school settings and therapy camps. She also has experience in hippotherapy (horse-aided PT) and aquatic therapy.

**Allison Hammond, PT, DPT**, graduated from the University of Colorado Anschutz Medical Campus with a doctorate in physical therapy. Allie works with children of all ages on developmental, neurological and orthopedic interventions, especially for adolescent return-to-sport progression. Allie is a certified Autism Diagnostic Observation Schedule (ADOS-2) team evaluator.\*

### Speech Therapist

**Cara High, MS, CCC-SLP**, graduated from Northern Arizona University with a master's in speech-language pathology. She works with children to improve articulation, expressive language, comprehension, social interactions, cognition and reading. Cara also supports feeding and swallowing. She is certified in LSVT (to treat Parkinson's), Learn to Play the NDT Way, and CAN-EAT.

**Referrals:** Depending on the type of insurance coverage you have, a physician's referral may be needed for your child to receive rehabilitation services. For more information, please contact our office at (719) 530-2040.

\*ADOS-2 Team Evaluators Allison Hammond and Cherina Heinitz work as a team to provide Autism Diagnostic Observation Schedule (ADOS-2) assessments. ADOS-2 is a standardized play assessment that assesses social interaction, communication and imaginative play skills. ADOS-2 helps diagnose autism across a wide range of chronological and mental ages.

## Pediatric Rehabilitation Program HRRMC Rehabilitation Services



Debra Andres, MS, OTR



Allison Hammond, PT, DPT



Cherina Heinitz, OTR



Cara High, MS, CCC-SLP



Beth Sather, PT, DPT



Brianna Scott, MS, OTR



Wendy Walters, COTA

**HRRMC Outpatient Pavilion**  
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(719) 530-2040

**HRRMC Buena Vista Health Center**  
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5/19



Helping children with  
developmental delays  
and special needs reach  
their full potential

## What is Pediatric Rehab?

As children grow, they reach milestones in their development. At six months old, most babies can roll over. A year later, they are walking without help. By the time they reach age 3, most children can kick a ball or ride a tricycle.

Sometimes the normal developmental process is interrupted. Congenital factors, traumatic injuries, and severe illness or medical conditions can affect a child's development. HRRMC's Pediatric Rehabilitation Program provides evaluation and treatment of children with developmental delays and other special needs. Our pediatric therapists collaborate with parents, physicians, teachers and other caregivers to develop an individualized plan of care to improve the quality of a child's life.

HRRMC's Pediatric Rehabilitation Program team is comprised of physical, occupational and speech therapists with special training in pediatric care. Depending on your child's special needs, one or all three therapies may be beneficial in promoting optimal independence and the ability to reach his or her full potential.



### Physical Therapy

Through play, hands-on treatment techniques and special equipment, our pediatric physical therapists help children develop motor skills and improve their ability to move independently.

#### How do I know if my child needs physical therapy?

**Your child may need physical therapy if he or she has trouble:**

- Learning how to roll, crawl or walk
- Sitting or standing without support
- Walking and running without tripping or falling
- Learning to play sports
- Catching or throwing

**HRRMC's pediatric physical therapists can help with:**

- Gross motor development
- Muscle tone and strength
- Neuromuscular function
- Locomotion patterns / Gait training
- Postural control
- Splinting and orthotic needs

## Occupational Therapy

A child's "occupation" is playing and learning to explore and interact with his or her environment. HRRMC's pediatric occupational therapists help children learn the skills they need to participate optimally in their daily activities.

#### How do I know if my child needs occupational therapy?

**Your child may need occupational therapy if he or she has difficulty:**

- Manipulating toys or using tools such as a crayon, spoon or toothbrush
- Completing visual motor tasks, such as puzzles or computer games
- Tolerating a variety of sensory input
- Performing daily self-help activities
- Sucking, drinking or eating a variety of foods

**Our pediatric occupational therapists can help with:**

- Fine motor skills
- Developmental play skills
- Visual motor / Visual perceptual skills
- Sensory integration skills
- Daily living / Self-help skills
- Oral motor / Feeding skills
- Wheelchair and seating needs



### Speech Therapy

Children need to be able to communicate their needs and interact with others effectively. Our pediatric speech therapist helps children develop skills to both listen and communicate successfully.

#### How do I know if my child needs speech therapy?

**Your child may need speech therapy if he or she has trouble:**

- Learning how to speak
- Pronouncing words so that others can understand
- Staying on topic
- Answering and asking questions
- Following directions
- Socializing
- Listening when there are background auditory distractions
- Chewing and swallowing

**Our pediatric speech therapist can help with:**

- Expressive and receptive language
- Articulation / Speech production
- Oral motor skills
- Disorders of fluency
- Verbal reasoning / Problem solving
- Reading
- Pragmatics