

Conductive Education Rehabilitation

...It's about helping children and adults with neuro-motor disabilities gain physical mobility, functional independence and confidence... one small step at a time.

This is Morgan.

Morgan has been coming to The Movement Centre since just before her 3rd birthday. She was born with the rare genetic disorder cri du chat, which causes issues with fine and gross motor skills, hyper mobility, and communication; all things that Conductive Education rehabilitation can help with.

Morgan is a determined little girl, with a beautiful smile and an even more beautiful personality. That determination has helped her overcome many of her movement challenges. When she first arrived, she had no interest in standing; her mode of getting from point A to point B was by crawling on her knees. With her mom Lisa watching on and celebrating, Morgan took her first step at The Movement Centre and met her first goal! Within a year of starting her classes at The Movement Centre, she was walking independently!

Not only was she working on those independent steps, but her fine motor skills were being developed through her Conductive Education rehabilitation classes. She learned to hold a spoon and feed herself, as well as pick up small objects. She's absolutely fascinated by her hands, and is intense while performing her fine motor skills now. She's also learned toileting at The Movement Centre – her next goal is to carry that skill outside of the Centre!



Morgan's mom isn't the only one who celebrates the goals and triumphs Morgan achieves. Lisa sees that all the staff at The Movement Centre celebrate along with the family and clients. "Everyone working here welcomes every single person", says Lisa. "There are no judgments. It's a family full of love". Morgan "just vibrates" with excitement when she comes here, said Lisa. She loves how the conductors come and chat with the family after the classes to talk about the day, discuss the family and client's goals and achievements. "It's truly amazing", said Lisa.

The Movement Centre couldn't provide Conductive Education rehabilitation to individuals like this phenomenal child without your support. We are extremely grateful for your continued generosity – it allows us to continue to deliver quality services that are instrumental in the achievements of remarkable children like Morgan.



Please welcome...



Crystal Johnson has joined our Board of Directors as Treasurer. We're excited to have Crystal as part of our team, and wish her a warm welcome!

More about Crystal:

I'm a chartered accountant with 10+ years' experience in public accounting. I have spent my career working with private enterprises and small Not-For-Profit organizations, focusing mostly on assurance work and tax compliance and planning.

My excitement to join The Movement Centre is motivated by the work that's done there and the individuals that benefit from having access to organizations in the community such as this one. I have a niece that is physically and cognitively challenged as a result of a rare genetic condition, and have seen first-hand how vital organizations such as The Movement Centre are in the lives of the people that rely on them.

We were at the Winnipeg Wellness Expo!



On February 16, 17 and 18, The Movement Centre was at the Winnipeg Wellness Expo.

We had a lot of visitors to our booth over the 3 day event and were thrilled to be telling people who we are and what we do.

Conductor's Corner

Medical Aids Used in Conductive Education Rehabilitation Part 3: Lower Limb Aids, by Eniko Fonyodi, QCS

Orthopedic Shoes, Sandals

Let's start with a basic item, the orthopedic shoes. The importance of orthopedic shoes can be underestimated. A child with CP can benefit immensely from these shoes. Even when the child is walking independently with or without any kind of equipment we can prevent deformity and joint/hip/back pain only by using the right shoes! Orthopedic shoes are specially designed for supporting the ankles, preventing flatfoot and/or helping the rolling steps (from heel to toes). It is worth mentioning supination shoes, which give extra lift for the inside of your foot, which leads to an outward pivot of your foot, helping to bring the knees out.



Bear Paw

This is basically an orthopedic shoe with an extended rim on the bottom. It helps a lot to children with ataxia symptoms and balance issues.

AFOs (Ankle Foot Orthosis)

AFOs go around the foot and the ankle, stopping under the knee. There are a lot of different types, but the role of an AFO is always the same: to correct the function of the body part, reduce weight bearing forces and assist movement. It is made by a specialist who measures the body part and creates a personalized AFO out of plastic. Plastic is a good choice as it is easy to format. It is usually fastened in three places: around the toes, around the ankle and on the top. You can also find moving or steady ankle AFOs. Moving ankle AFOs are good for children who can carry out rolling steps (from heel to toes). AFOs can fit into orthopedic shoes.



Leg Splints/Knee Braces

Leg splints/knee braces can either go just around the lower leg, knee and thigh or go around the foot, ankle, lower leg, knee and thigh (just like a longer AFO which goes above the knee). The role is the same as the AFO's. We usually use these during standing tasks - it prevents the limb from collapse, helping to keep the joints in a good position so the client can learn correct weight bearing and weight shifting. Leg splints also have steady and moving joint types. Usually moving joint leg splints can be locked and turned into steady ones.



Leg Splints with Hip Support

The role is the same as leg splints, with emphasizing the word: correcting! This splint/support looks like a long plastic leg splint with an extra support around the hips. Leg splints with hip support can either be moving or locked around the joints (hips, knees, ankle).



SWASH

Adductor spasm is a common thing in individuals with CP. The adductor muscles' role is to bring the thighs together. If there is an involuntary spasm it means that the individual's thighs are constantly coming together, and during walking movements he steps across. The SWASH's "basket" around the hips joins two supporting parts around the thighs with one metal bar. It helps to keep the legs apart while walking or sitting. Before we put it on passive stretching is always beneficial.



Client Successes



When I started at The Movement Centre I was eager to work with individuals of all ages. Over the past year I have been here, I have developed relationships and helped motivate clients to reach their goals. I enjoy getting to know our clients while they learn techniques to overcome the difficulties caused by a condition, and gain improved confidence, self-esteem and independence through active participation. Knowing I have a part in motivating our clients toward success pushes me to find new ways to encourage the clients while remaining consistent in our Conductive Education rehabilitation.

For example, I was working with a young girl who recently underwent surgery on her ankles. She came to The Movement Centre with little confidence, unaware of her body, and was very shy/nonverbal. Throughout the sessions we worked on balance, spatial awareness and communication. She started off by walking with a ring; holding on to one side while I held on to the other side to assure her balance and comfort. As the classes went by, her confidence increased and her walking became more stable. She had even steps,

achieving full range of motion. Eventually, I let go of the ring and she walked on her own!

She doesn't use a ring anymore, and is now working on keeping her hands by her side, and bending her knees, getting a full step in. With proper implementation and working in a group setting her speech has increased and she is now very sociable with her classmates and staff.

Being a part of client's success has been the most rewarding and self-motivating part of my job. I can't wait to be a part of more clients' successes!

by Tamara Kalinski, CEA



The Movement Centre is truly grateful for all the individuals who generously find ways to donate to us above and beyond our regular fundraising efforts.



Thank you to the staff and volunteers who helped at our booth at the Winnipeg Wellness Expo: Joey, Charley, Vanessa, Gabriel (pictured above) & Elias, Amy, Ken and Charlene, Megan, Paula and Joe, Liz and Max, Linda, and Amanda and Ken.

Yvonne's Fitness chose The Movement Centre as the recipient charity for her Zumba Masterdass in December. Several of our staff went out and danced for 90 minutes. Yvonne with some family and friends came by in February to drop off the proceeds that were raised from the event - \$1550! Thank you so much Yvonne! Our staff had an amazing time, and your support is greatly appreciated!



Thank you to everyone who participated in our first ever GivingTuesday campaign in November! We had so much support by people liking and sharing our posts, and we received over \$11,000 in donations!

Our year end giving campaign was a huge success! We are so grateful to every supporter who helped us!

Upcoming Events



The Movement Centre's 16th Annual Golf Tournament will be held on Thursday August 30th at the Kingswood Golf & Country Club. Over \$85,000 was raised last year and we look forward to another successful year with your support!

Sponsorship information can be found [HERE](#), or contact Margy (margy@movementcentre.ca or 204-489-2679).

Golfer registration forms can be found [HERE](#).

We look forward to seeing you for another amazing tournament!



The 7th Annual Move 'N Groove-a-Thon will be held Saturday October 13th at the University of Manitoba.

Contact [Barbro](#) for sponsorship opportunities.

In the Community



Challenger Baseball is the outcome and impact based baseball division that empowers children, youth and adults living with disabilities and their families to experience all the benefits of organized baseball by being part of a league, on a team and in a uniform! Activities are structured to each participant's individual needs and the main goal is to get out there and have FUN!!! Some of our clients have participated in Challenger Baseball in the past, and we always like to spread the news that these kinds of activities are out there!

To learn more, please visit their [webpage](#)

wishlist

The Movement Centre is always looking for items to improve our programs. If you have any of the items below, and would like to donate them to the Centre, feel free to drop them off during our regular operating hours. This is just one of the ways you can help!

- Forks (silverware)
- Amazon gift cards
- iTunes gift cards
- Costco gift cards
- Phillips Hue Smart LED light bulbs
- Craft supplies

Important Dates

- Winter Program End - Wednesday, March 28
- Centre Closed - Thursday, March 29, Friday, March 30, Saturday, March 31
- Spring Program Start - Monday, April 2

How Can You Help?

- [Volunteer](#) at one of our fundraising events (Winn\$tock, Move N' Groove, Annual Golf Tournament, etc...)
- Create a fundraising event for us (contact the office for more details)
- Donate (click the **Donate Now** button to be taken directly to our CanadaHelps donation page)
- Spread the word about our Centre by following us on social media

The Movement Centre of Manitoba is a non-profit charitable organization in constant need of funding support. Your support and generosity are greatly appreciated.

[Donate Now](#)

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