

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 Zach.

Like many of our clients, Zach has cerebral palsy. And, like many of our clients, Zach has made amazing advances towards independence and confidence at The Movement Centre.

After a year on the waiting list, Zach started coming to The Movement Centre when he was 7 years old, in the fall of 2014. "We weren't bringing Zach to The Movement Centre to walk and talk", said Zach's mom Janique. They were bringing him to be the best he could be – be in shape, weight bear, be as active as possible, communicate better, and give him as healthy a life as they could. Every milestone for Zach is a celebration.

Within Zach's first session at The Movement Centre, he learned toileting and feeding, things that his parents didn't even know that he was going to be capable of! Over the years, Zach's motor skills have improved. His left hand is much stronger than it was originally. He can take his own jacket off. He learned to drink out of a regular cup! He can weight bear, and during his sessions you'll find him walking with a walker up and down the hall with a smile on his face! The Movement Centre gets him up and moving. "It's so good for him to be up on his feet", said his mom.



Zach has an indomitable spirit. Rarely does the camera catch Zach when he isn't smiling. That might be because, as his mom says, he's a joyful boy. A sports lover, Zach loves to do commentary, and after every Jets game he interviews his family. Over the years he has developed his own version of sign language to communicate. His family, close friends, and staff at The Movement Centre understand Zach, however new friends and acquaintances don't know his unique brand of sign language. His current goal is to use his iPad to communicate more.

Zach loves coming to The Movement Centre. Besides having fun with his best friends, "he is normal at The Movement Centre", said mom Janique. "At school everything needs to be modified for him, but when he comes to the Centre he doesn't feel like things are altered for him – this place was made for him and kids like him". Zach is more confident and has stronger self-esteem since coming to The Movement Centre.

In addition to the progress Zach has made, Janique said, "There has also been growth for me - the other moms are my rocks". Just as the kids in Zach's class are best friends, the moms are best friends as well. The sense of community, support, and family is found inside and outside the classrooms of The Movement Centre.



World Cerebral Palsy Day - October 6



World Cerebral Palsy Day is Friday October 6. WorldCPDay.org has an amazing world map that you can add your story to! Follow this [LINK](#) and put yourself on the map!

Conductive Education rehabilitation is a phenomenal therapy for individuals with cerebral palsy. We have been providing this rehabilitation at The Movement Centre since 1998! We're so proud of our CP clients for their successes and triumphs!

Watch our Social Media pages for updates on World Cerebral Palsy Day. Like, share, and post to our page about your own story... let's spread the word!

World Stroke Day - October 29



Another important awareness day this month is the World Stroke Day on October 26. This year, the World Stroke Organization is focusing on stroke prevention.

We're always saddened to hear about individuals who have suffered from stroke, but The Movement Centre is proud to be here to help individuals regain functional mobility, independence and confidence.

During World Stroke Day, we encourage everyone to spread the word on prevention.

Conductor's Corner

Medical Aids Used in Conductive Education Rehabilitation Part 2: Upper Limb Aids, by Eniko Fonyodi, QCS

Hand Brace/Wrist Brace

There is only a small difference between a hand brace and a wrist brace. A wrist brace goes only around the wrist, opposed to the hand brace which also goes around the wrist but also keeps all five fingers in a good position. It is important to know that both aids keep the thumb in a good position, preventing it from turning inside the palm. The role of both aids is the same: assisting and controlling the movements of the wrist and fingers. In everyday life, people can use hand and wrist braces in the case of smaller injuries. In Conductive Education rehabilitation, we use it to prevent the development of contractures (permanent shortening of a muscle or joint).



Arm Splint

There are various types of arm splints and the proper way to wear them can be different depending on the disorder. Straight arm splints are used in Conductive Education rehabilitation. When putting on an arm splint we always ensure the top is above the elbow and the bottom is above the wrist. This ensures the splint does not block any movements in the wrist. It is always fixed with two to three straps. People with spastic cerebral palsy often have a typical pose called Wernicke-Mann pose (in upper limbs this means elbow bent, wrist bent, hand spastic or floppy). Keeping the arm in this position leads to contractures and total lack of use. However, passive stretching and structured arm tasks (sometimes involving using arm splints) can help. Arm splints are useful for preventing such contractures, or helping clients put weight on the arms without collapsing. This can be important during sitting, and even walking. Straight arm splints prevent the elbow from flexing so the client can hold on to a walker. This allows them to focus on holding on and walking more safely. For children, a straight arm splint helps with the development of manipulation by keeping the hand the proper distance away from the eye.



Prizes, Prizes, Prizes!

The Movement Centre is very fortunate to have so many friends that have supported us through fundraisers of different kinds; Winn\$tock, the Manitoba MOPAR Association, and the Manitoba Mustang and Ford Association, to name a few. We also have our own fundraisers, such as the

annual golf tournament and Move 'N Groove.



These fundraisers help to keep our fees reasonable for Manitoba families in need of Conductive Education rehabilitation. At the majority of the fundraisers we have rainbow, silent, and live auctions, raffles and 50/50 draws. These auctions and raffles are an integral part of our fundraising efforts. They add even more excitement to events and raise additional funds for The Movement Centre.

We are in need of prize donations for rainbow, silent, and live auctions. If you, or anyone you know, is interested in donating a prize of any value to us, please contact us via [email](#) or telephone (204-489-2679). We're grateful for any and all donations, and appreciate and recognize the assistance of our supporters.

Aquatic Club

During 2016/2017 we were fortunate to have a volunteer lifeguard and two of our long time staff, Lacey and Charley, provide an aquatic program for some of our clients.

Aqua therapy has many benefits for individuals with movement disorders. Because water reduces body weight so drastically, it allows ambulation free from the stresses of gravity. Aqua therapy can improve flexibility, endurance, stability, and much more!

Watch for more information on aquatic program offerings in the future!





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.



Reynold and Mike came to our Centre on behalf of the Association of Consulting Engineering Companies of Manitoba to present a \$1,500 donation! It's gifts like these that help clients like Bryce gain independence at our Centre! Thank you so much!



Brian Hampton of the Manitoba MOPAR Association dropped by with a surprise for us! Thank you for the \$1000 donation - we are so incredibly grateful for your continued support!

The Margarita Open Golf Tournament took place on August 5 in support of The Movement Centre. Our heartfelt thanks go to Wayne and Gisele Sage of Hardwood Design Builders for organizing and holding the event which raised \$12,720 for our Centre.

We are so grateful for the continued support of Moxie's Classic Bar & Grill. Once again, we were selected as the charity partner for their annual golf tournament in August. Over \$2,000 was raised from their putting contest! We thank Moxie's for supporting us through their lemonade stand at the Farmer's Market as well!

Thank you to all our golfers, sponsors, supporters, friends, volunteers, and committee members for making The Movement Centre's 15th Annual Golf Tournament another success!

With your help, over \$85,000 was raised towards providing Conductive Education rehabilitation at our Centre!

Watch for pictures on our Facebook page shortly!



We thank The Winnipeg Foundation for granting our Centre \$7,500 towards our intensive July & August summer camps!

We are truly appreciative of the support organizations like The Winnipeg Foundation provide to our Centre as it allows us to make our programs affordable to families in need!

Upcoming Events

Save the Date



March 9 @ COWBOYS

Canad Inns Destination Centre
Windsor Park

Winn\$tock 2018

The 14th Annual Winn\$tock will take place on Friday, March 9th, 2018 at Cowboys, Canad Inns Windsor Park Destination Centre and The Movement Centre has been selected as the charity partner again this year!

Winn\$tock raised over \$100,000 in 2017, which provided much needed funds to operate and subsidize our Conductive Education rehabilitation programs, and The Movement Centre is looking forward to another amazing and successful night!

Stay tuned to the Winn\$tock website for more updates and information for 2018!

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)
- iTunes gift cards
- Costco gift cards
- Phillips Hue Smart LED light bulbs
- Craft supplies

Important Dates

- Centre Closed - Saturday, October 7
- Centre Closed - Monday, October 9
- Centre Closed - Saturday, November 11
- Fall Program End - Saturday, December 23

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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