

A New Year's Resolution

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Introduction

This is the story of Cole and his amazing success to show the strength of MNRI® and how achievements can be reached in a rather short time. The MNRI® program supports our professional motivation and values.

Cole was an eleven year old boy, who experienced a stroke prenatally, leaving him presenting with right sided hemiplegia, which affected his gross motor coordination, walking, and other abilities affected by strong asymmetry, poor postural, motor control, and coordination.

It was his own 2013 New Year's Resolution to be able to walk flat footed. It happened, for the first time in his life, following eight sessions of MNRI®, in January of 2013!



Terri Zartman

Patient History

Cole had a diagnosis of porencephaly. He had a stroke during the third trimester in utero in his left hemisphere. He presented with cerebral palsy and a right sided hemiplegia. Cole had been in physical therapy and occupational therapy since he was two months old. He had infantile seizures but has been seizure free since the age of two. As an occupational therapist, I had the pleasure of working with Cole when he was two years old for approximately one year following a more traditional therapeutic approach. Cole had received PT and OT therapy through the school and on-and-off through private clinics his entire life. He has had serial casting done on his right lower extremity. He wore an ankle-foot orthotic but has not in the past two years. When Cole was approximately nine years old, he began physical therapy services with a local, private physical therapy office. Although he was making small gains, therapy was painful and he seemed to have hit a plateau.

Cole's parents received my contact information from a local naturopathic practitioner, suggesting that the approach I was using (MNRI®) may have something new to offer. I saw Cole for the first time in November of 2012 for an initial evaluation. Both Cole and his mother were intrigued by what they saw, in terms of how Cole's body responded from the perspective of a reflex response to sensory stimuli. The evaluation suggested work was indicated with a number of reflex patterns, especially with Babinski, Foot Tendon Guard, and Hands Supporting. After some work, I saw Cole one more time in December of 2012, in which he demonstrated that his Babinski Reflex had calmed immensely and Hands Supporting helped him gain elbow extension. Seeing this unexpected progress, his mother requested intensive therapy over the school's Christmas vacation (so he

didn't have to miss school), using the MNRI® method.

Cole was seen January 2, 3, and 4 of 2013, for a total of 8 hours of therapy. Four of the hours were provided by an occupational therapist, three by a speech therapist, and the last hour was a co-treat with both the speech and occupational therapist. Therapy included a combination of MNRI® programs, such as Neuro-Structural Reflex Integration Dynamic and Postural Reflex Integrations, Archetype Movements Integration (both active and passive), as well as, individual techniques including Core Tendon Guard, Foot Tendon Guard, Babinski, and Sciatic Nerve Activation. He also had two sessions including the Oral-Facial and Visual and Auditory Reflex integration therapy. During Cole's last session on January 4, his mother and best friend were present during the co-treating session. The last techniques used during this session included the work with gravity, balancing, and centering from the Lifelong Reflex Integration Program, as well as active lateral spine flexion-extension. Following this, Cole stood on his own, for the first time, with his right heel touching the floor! He then took a few steps, and was able to have his heel touch the floor with each step. His New Year's Resolution came true, only four days into the New Year! Everybody was touched deeply and were happy!

Cole has continued occupational therapy services, emphasizing the MNRI® approach, approximately two hours a month. It had been his request to work on his affected arm/hand, instead of his leg, for three visits after his amazing results with his leg. He was able to achieve active arm extension, wrist extension, and the very beginning of active grasp! There was an unfortunate moment – the family did not manage with follow through on his Home Program. This lack of the Home Program, combined with a spring break vacation, which included a great deal of walking, has led to a slight regression in his lower extremity functioning, including slightly more toe walking and decreased range of motion in the hips and ankles. However, following one session addressing the lower extremities, he was able to again rest his heel flat on the ground. The videos and pictures of transformation of Cole's walking show very clearly his great success! It was amazing how his body still held the memory of the achieved ability, and it was a reminder of how important it is to support the results by regular work while the ability is still in a state of development or transformation. Cole's body responded wonderfully to repetition of the exercises, and with continued work, both within the clinic and at home, the possibilities seem endless! Even his outside physical therapist discharged him, recommending that he use the MNRI® approach exclusively. We are happy for Cole and wish him new achievements – the same way – surprising and great!



I would like to thank Cole and his family for being open to the MNRI® approach and all of its benefits. It has been an honor to be a part of his journey to healing. I wish him as much success throughout his life as he has had with the MNRI® work! – Terri Zartman