

Glossary

1. **Abduction-** The movement of an arm or leg further from the center of the body or away from the body.
2. **Adduction-** The movement of an arm or leg closer to the center of the body or across the body.
3. **ADL-** ADL stands for Activities of Daily Living. ADLs are the skills required for independence with everyday living and include bathing, dressing, feeding yourself, grooming, toileting, and moving yourself in your home and community.
4. **Age appropriate-** This term is used to describe activities that are expected or “typical” for a child’s actual age.
 - a. **Example:** An age appropriate skill for a ten month old to crawl as their main form of mobility is not age appropriate for a three year old as you would expect them to walk.
5. **AFO (Ankle Foot Orthotic)-** This is a brace often made of plastic and foam that is used to support, protect, or enhance the function of the ankle joint. It can be used to assist with standing and walking activities as well as to prevent increased tightness or injury to the ankle and foot. AFOs come in a variety of styles. Your child’s therapist, physician, and orthotist will discuss which style is best for your child with you.
6. **Alta California Regional Center-** Alta is a non-profit agency that provides therapy services and interventions to children under age three who are at risk or diagnosed with a developmental disability. For children and adults over age three, Alta is a resource for funding, social services, and case management. To qualify for Alta after age three, a person must have an intellectual disability. Children with intellectual disabilities generally receive special education services and are below grade level.
7. **Ambulation-** A fancy word for walking.
8. **Baclofen-** A medicine taken by mouth or given through a special intrathecal pump in the spine to decrease muscle tone and spasticity (stiffness).
9. **Balance-** The ability for a person to remain upright or in the desired position when an external force (gravity, tripping hazard, push/shove from a person etc.) take place.
 - a. **Dynamic Balance-** Balance while your body is moving.
 - b. **Static Balance-** Balance while your body is still.
10. **Bilateral-** Both left and right.
11. **Botox-** This is an injected medication made from Botulinum Toxin that is used to decrease spasticity temporarily in the specific muscles injected. Injections are performed by licensed physicians generally as an outpatient.
12. **CCS-** California Children Services
13. **CP or Cerebral Palsy-** CP is a general label or diagnosis for a disability beginning before the age of two years old stemming from an injury to the brain. CP can range from very mild (clumsy child) to very severe (bed bound) and is caused by many things (traumatic birth, stroke, trauma, loss of oxygen etc.) It is classified by both the area of the body that it affects (monoplegia, hemiplegia, diplegia, quadriplegia) as well as the type of abnormal muscle tone present (spastic, athetoid, dystonic, ataxic). A diagnosis of spastic CP includes a description of the body regions affected ie spastic diplegia or spastic

quadriplegia. When a child has a diagnosis of athetoid, dystonic or ataxic CP the whole body is affected.

- a. **Monoplegia** refers to only one extremity being affected.
 - b. **Hemiplegia** refers to one side of the body being affected such as the left arm and the left leg.
 - c. **Diplegia** refers to both lower extremities (legs) being affected.
 - d. **Quadriplegia** refers to all four extremities (arms and legs) being affected.
 - e. **Spastic** refers to increased or high muscle tone. Think stiff or rigid muscles.
 - f. **Athetoid** refers to slow, writhing movements of the face and extremities, particularly affecting the feet and hands.
 - g. **Dystonia** refers to rhythmic, twisting movements, and changes in tone involving primarily the trunk and neck causing slow, uncontrolled movements with a tendency toward fixed postures.
 - h. **Ataxia** refers to incoordination of movements. Wide base of support with walking, difficulty touching a finger to a nose, poor balance and/or tremors.
14. **Crawl-** The movement where a child pulls themselves forward on their tummy using only their arms. Sometimes referred to as combat or commando crawling.
 15. **Creep-** The way a child moves themselves around on the floor with their hands and knees.
 16. **Dorsiflexion-** The movement of the ankle up towards the shin.
 17. **Developmental Delay-** Consistently behind age expected norms or milestones in one or more areas of typical development (speech, gross motor, fine motor, social-emotional).
 18. **Extension-** Increasing the joint angle of a body segment/part or the straightening of a joint like the elbow or knee.
 19. **External Rotation-** The action of rotating a body part away from the center of the body. Think moving counter-clockwise.
 20. **Fine Motor (FM)-** Mastery of the control of small muscles typically those found in the hands and fingers. Skills typically included under fine motor include adding beads on a string, buttoning a shirt, tying a shoe, applying mascara etc.
 21. **Foot Drop-** The dragging of one or both feet while walking. This often leads to frequent trips and falls. Commonly due to a lack of dorsiflexion or range in the ankle or weakness of the muscles in the front of the shin.
 22. **Flexion-** The movement of a body part to decrease the angle of the joint or bending of a joint like the elbow or knee.
 23. **FWW-** Front Wheeled Walker. A walker that is held or pushed in front of a person.
 24. **Gait-** This word describes the technical aspects of ambulation or walking including the rhythm, cadence, step, stride, and speed. When an aspect of gait is abnormal it is classified as a deviation.
 25. **Genu Recurvatum-** This refers to hyperextension of the knee during ambulation/walking. Hyperextension means the knee is beyond straight.
 26. **Goals-** The intended results of a treatment plan designed with the family and client's needs and wants in mind. Goals should be specific, measurable, achievable, relevant, and with a time frame in mind.
 - a. **Functional Goals-** These are goals that refer to a specific function in mind to promote independence in the home and community like independent ambulation, stair climbing, independent toileting. These are not goals like increase strength or increase range.

27. **Grasps**- The way a person's hand holds an object.
 - a. **Pincer Grasp**- A mature grasp form where the person holds an object between their thumb and a finger typically index or middle finger. It is like a pinch motion.
 - b. **Palmer Grasp**- A grasp where a person uses their whole palm to hold an item.
28. **Gross Motor (GM)**- Mastery of the control of large muscle groups primarily in the lower extremities. This includes activities such as walking, running, jumping, and stair climbing.
29. **HEP (Home Exercise Program)**- A program designed with the child's needs in mind to be performed at home in order to assist the child in meeting his or her goals.
30. **IFSP (Individualized Family Service Plan)**- This is a document as well as a meeting that occurs with the family and the Alta team. It helps children under three years old and their families make gains with reaching developmental milestones. It is family centered around the goals and needs of the child and their caregivers.
31. **IEP (Individual Education Plan)**- IEP refers to a document as well as an annual meeting designed to help children with exceptional needs thrive in their educational environment by providing supports and services to facilitate learning in the least restrictive environment. An IEP utilizes input from school personnel as well as the family and other specialists to make recommendations to help a child reach their educational goals.
32. **Internal Rotation**- The action of rotating a body part toward the center of the body. Think clockwise movement.
33. **L.**- left
34. **LE**- Lower extremity. This refers to the whole lower limb: foot, shin/calf, and thigh.
35. **Muscle Tone**- This refers the speed dependent resistance a muscle demonstrates to stretch. It can range from floppy (very low tone) to rigid (very high tone). Normal tone falls somewhere in between and is also a range.
 - a. **Hypertonic**- Increased muscle tone; this means the body part is more difficult to move when stretched.
 - b. **Hypotonic**- Decreased muscle tone; this means the body part is easy or very easy to move when stretched.
36. **MMT (Manual Muscle Test)**- MMT is a group of testing procedures that therapists can use to determine the strength of a muscle or muscle group graded on a 0 to 5 scale. MMT involves the use of a child's active muscle function and the use of a therapist's hands to help position or apply force or resistance to the muscle being tested.
37. **Oral Motor Therapy**- Therapy that addresses the needs of the mouth and oral cavity including tongue movements, use of facial muscles, and feeding issues. It is typically performed by occupational therapists. This is different from speech therapy and does not address specific sound formation or language skills.
38. **Orthopedist (Orthopedic Surgeon)**- A medical doctor who specializes in the treatment and surgical intervention of the bones, muscles, and tendons. They focus on changing structure and preventing further injury or deformity.
39. **Orthotic**- A splint or brace constructed by an orthotist for the purpose of increasing range of motion or improving function.
 - a. **Orthotist**: A trained allied health professional with a Master's degree who casts, molds, and fabricates orthoses.
40. **OT (Occupational Therapy or Occupational Therapist)**- The rehabilitation discipline and specialists that focus on helping an individual achieve independence with achieving

their ADLs. OTs focus on functional skills like eating by mouth, toileting independently, dressing, grooming, hygiene, cooking, and other skills required for independence.

41. **Physiatrist**- A medical doctor with a specialty in rehabilitation medicine. These physicians take a whole body approach to medicine and coordinate the care of different rehab disciplines (OT, PT, and speech).
42. **Popliteal Angle**- A range of motion measurement used to measure hamstring length or how tight the back of the thigh muscle is.
43. **Pressure Sore/Ulcer/Injury (Decubitus)**- A Sore or blister caused by pressure from a seating system, bed, braces, or outside source. Often seen over bony prominences of the body such as the heel, tailbone, hip bone, or shoulder blade. These are staged on a I to IV scale with IV being the most damaging. Report any potential skin injuries to your therapist or physician immediately.
44. **PM&R**- The physical medicine & rehabilitation section of a hospital or medical center. This term is often used with physiatry.
45. **PT (Physical Therapy or Physical Therapist)**- The rehabilitation discipline and specialists that focus on improving the way you move. PT also works to reduce or minimize pain, restore function after an injury or surgery as well as to prevent further disability. PT is often involved in orthotic and equipment evaluation to improve posture and mobility as well as skill acquisition in the gross motor domain.
46. **Pronation**
 - a. **Pronation of the Forearm**: The action of moving the forearm and hand from a palm up position to a palm down position.
 - b. **Pronation of the Foot**: The action of bringing the arch of the foot down and towards the ground or when the balls of the feet roll in.
47. **Prone**- The position of lying on your stomach.
48. **R.-** Right.
49. **ROM (Range of Motion)**- The ability of a joint to move through an arc of motion. Each joint has a specific range of motion that is considered normal. These norms also vary by age.
 - a. **Active ROM** is when the client moves the tested body part using his/her own muscles.
 - b. **Passive ROM** is when the tested body part is moved by the therapist.
50. **Reflex**- An involuntary reaction to specific stimuli like a hammer hitting your knee or how you must close your eyes when you sneeze.
51. **Reciprocal**- The movement of one's limbs separately. Think of how when you take a step, your left leg moves one way and your right leg moves the opposite way. The movement of your legs when pedaling a bike is another example.
52. **RWW**- Reverse Wheeled Walker. A walker that is held behind a person rather than in front.
53. **Serial Casting**- A process in which the client is casted one to three times to achieve an increase in range of motion. Typically performed at the ankle.
54. **Supine**- The position of lying on your back.
55. **Supination**
 - a. **Supination of the forearm**- The action of moving the forearm and hand from a palm down to a palm up position.
 - b. **Supination of the foot**- The action of bringing the arch of the foot up and away from the ground.

56. **Therapeutic Exercise (Ther-ex)**- Exercises and programs designed to be performed by a client to achieve their goal. Ther-ex refers to activities specifically prescribed to improve or maintain strength in a specific muscle, range in a specific joint, or practice a specific skill.
57. **TLSO (Thoraco Lumbar Sacral Orthotic)**- An orthotic used to maintain or correct spinal deformity/scoliosis. The TLSO may also be prescribed for comfort only and not for spinal correction.
58. **Transfer**- The process of moving your body or a person from one surface to another.
 - a. **Example:** Sit to stand transfer is moving yourself from sitting to standing.
 - b. **Example:** Wheelchair to bed transfer is moving from wheelchair to bed.
59. **UE**- Upper extremity. This refers to the whole upper limb: hand, forearm, and arm.
60. **Valgus/ Varus**- Used to describe a joint and its relationship to the body.
 - a. Valgus means the joint bends towards the middle of the body. Used commonly with knees, it is when the knees are touching or knock-kneed during standing.
 - b. Varus bends away from the body. Used commonly with knees, it is when the knees are far apart or bow-legged.
61. **W/C**- Wheelchair.
 - a. **MWC:** Manual Wheelchair
 - b. **PWC:** Power Wheelchair