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Here is one way your dollars improve the lives of individuals and families in York County.

FOCUS AREA: HEALTH

# PEDIATRIC OUTPATIENT THERAPEUTIC PROGRAM

LEG UP FARM

**Cody is a 9-year-old boy**, diagnosed with Spinal Muscular Atrophy. He wore orthotics and an abdominal binder, and had difficulty getting up and down off the floor, in and out of chairs, and keeping up with his peers and siblings.

For three and a half years, Leg Up Farm had been providing services to Cody, utilizing traditional physical therapy methods. However, **traditional physical therapy sessions became increasingly frustrating for him, as the tasks remained difficult**. As such, he often would not want to complete exercises because he knew they would be hard. Then, in December 2013, aquatic therapy became an available therapy option at Leg Up Farm. Cody was one of the first to receive this service.

Through this treatment option, Cody gained a renewed sense of confidence and has become more motivated to complete his therapy tasks. He loves to put weights on his ankles and dive to the bottom of the pool or have kickboard races.

One day, Cody arrived at therapy and seemed a little down. Cody has several brothers and sisters and every year they take a two-week vacation to the beach. But he told his therapist that he wasn't looking forward to this year. **The one beach-activity Cody wanted to participate in, boogie boarding, he could not do because of his decreased core strength and lack of endurance**.

Cody's therapist came up with the creative idea to use the pool jets for resistance to simulate this activity. Specifically, Cody would ride the "waves" created by the jets to the front of the pool and then use his legs to propel himself back against the jets to start over.

**Over a year, Cody made major improvements with his body coordination, strength and ability, and he is now able to boogie board with his siblings during his family's beach vacation.** Without this innovative approach and focus on working toward a personal goal, Cody likely would not have made such progress.

This is only one example of many success stories that we see each year. Therapists at Leg Up Farm are able to innovate in their therapy approaches using the many engaging environments available, which improve outcomes for the 700 children with special needs who receive services at Leg Up Farm each year.

**Donations made to the United Way Community Fund allow Leg Up Farm to keep our life-changing services accessible for the children and families who need them.** A gift of as little as \$1 a week through the Community Fund can help cover the portion of a therapy session not covered by insurance. Thank you for your support!

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