

**LITTLE  
TESOROS  
THERAPY  
SERVICES**

**LTS**  <sup>TM</sup>

**A PEDIATRIC THERAPY RESOURCE.**



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## Introduction

Little Tesoros Therapy Services provides physical, occupational and speech therapy within the fun, playful atmosphere of our clinic as well as in homes, schools, and other community sites.

Little Tesoros was established in 2001 by physical therapist Donna S. Smith and occupational therapist Alyson Shirey. In our early years, we treated patients exclusively in their homes and other community sites. 2005 brought growth and with it, the opening of our clinic. Today our clinic space continues to expand while home-based treatment remains a cornerstone of our practice.

### Mission

Our mission is to provide a fun and supportive environment that delivers ongoing growth and development for the treasures in our care.

### Vision

We empower our children, families, and caregivers to live their lives in abundance. We accomplish this through comprehensive programs, a collaborative medical community, and support across the patient and family continuum.

### Values

We believe in the motivation of fun, the power of love and trust, and the camaraderie of community. We honor the unique development of the treasures in our care.

**“Little Tesoros is our extended family. The therapists believe in my son and want to help him reach his maximum potential. They are the most amazing people that truly care about children.” Kim J., parent**



## Speech Therapy

Speech-language therapy is the treatment for most kids with speech and/or language disorders. A speech disorder refers to a problem with the actual production of sounds, whereas a language disorder refers to a difficulty understanding or putting words together to communicate ideas.

Speech-language pathologists, often informally known as speech therapists, are professionals educated in the science of human communication, its development, and its disorders. They hold at least a master's degree and state certification/licensure in the field, as well as a certificate of clinical competency from the American Speech and Hearing Association.

A speech therapist may address the following speech disorders:

- > Articulation disorders include difficulties producing sounds in syllables or saying words incorrectly to the point that other people can't understand what's being said.
- > Fluency disorders include problems such as stuttering, the condition in which the flow of speech is interrupted by abnormal stoppages, repetitions (st-st-stuttering), or prolonging sounds and syllables (sssstuttering).
- > Resonance or voice disorders include problems with the pitch, volume, or quality of the voice that distract listeners from what's being said. These types of disorders may also cause pain or discomfort for the child when speaking.
- > Dysphagia/oral feeding disorders, including difficulties with eating and swallowing.

Language disorders can be either receptive or expressive:

- > Receptive disorders refer to difficulties understanding or processing language.
- > Expressive disorders include difficulty putting words together, limited vocabulary, or inability to use language in a socially appropriate way.



**“The Little Tesoros team approach to treating our son makes me confident that he is receiving the best therapy in a fun and child friendly atmosphere. Everyone from the therapists to the front and back offices go the extra mile showing compassion and treating us like one of the family.”** Victoria P., parent

## Occupational Therapy

Occupational therapy (OT) focuses on helping people achieve independence in all areas of their lives. It can offer positive, fun activities to improve cognitive, physical, and motor skills and enhance self-esteem and sense of accomplishment.

Some people may think that occupational therapy is only for adults—children, after all, do not have occupations. But a child’s main job is playing and learning, and an occupational therapist can evaluate a child’s skills for play activities, school performance, and activities of daily living. In addition, occupational therapy can address psychological, social, and environmental factors that may hinder an individual’s functioning.

Occupational therapy can benefit children with the following problems:

- > birth injuries or birth defects
- > sensory processing/integrative disorders
- > traumatic injuries (brain or spinal cord)
- > autism spectrum disorders
- > juvenile rheumatoid arthritis
- > broken bones or other orthopedic injuries
- > developmental delays
- > burns
- > spina bifida
- > cancer
- > severe hand injuries
- > multiple sclerosis, cerebral palsy, and other chronic illnesses
- > handwriting difficulties

An occupational therapist can help children improve fine motor skills so they can grasp and release toys, develop good handwriting skills, and improve hand-eye coordination.

An occupational therapist can also:

- > help kids with severe developmental delays learn tasks, such as bathing, getting dressed, and brushing their teeth
- > teach kids with physical disabilities the coordination skills required to feed themselves, use a computer, or increase the speed and legibility of their handwriting
- > evaluate each child’s needs for specialized equipment, such as wheelchairs, splints, bathing equipment, dressing devices, or communication aids
- > work with kids who have sensory and attention issues to improve focus and social skills

**“My job is not work, it is my passion, my ‘what I wanted to do when I grew up,’ my future. At Little Tesoros, we get to be a part of miracles on a daily basis, and I love miracles!” Amanda May, physical therapist**



## Physical Therapy

Physical therapy (PT) incorporates a variety of treatments to help build strength, improve movement, and strengthen gross motor skills needed to complete daily activities.

Physical therapists might guide kids through:

- > developmental activities such as crawling and walking
- > flexibility exercises to increase range of motion
- > balance and coordination activities
- > adaptive play
- > aquatic (water) therapy
- > safety and prevention programs
- > instruction on how to avoid injuries
- > improving circulation around injuries by using heat, cold, exercise, electrical stimulation, massage, and ultrasound

Doctors often recommend physical therapy for kids who have been injured or have movement problems from an illness, disease, or disability.

Physical therapy may be needed any time a child has difficulty moving in such a way that it limits daily activities.

Doctors may recommend PT for kids with:

- > developmental delays
- > torticollis
- > cerebral palsy
- > genetic disorders
- > orthopedic disabilities
- > heart and lung conditions
- > birth defects (e.g., spina bifida)
- > effects of in-utero drug or alcohol exposure
- > acute trauma
- > head injury
- > limb deficiencies
- > muscle diseases

During a visit, a physical therapist may:

- > measure the child's flexibility and strength
- > analyze the way the child walks and runs (a child's gait)
- > identify potential and existing problems
- > provide instructions for home exercise programs

## Areas of Specialization

Therapy services may be provided in the home or other setting of your choice provided that it is in the best interest of the patient, we have a therapist available in your area, and it is covered by your insurance.

Areas of specialization include:

- > comprehensive feeding therapy program
- > dysphagia management
- > VitalStim®
- > TheraSuit Method®
- > interdisciplinary support for premature infants
- > acute orthopedic management including splinting and casting
- > acute wound care management
- > interdisciplinary approach for a child on the autism spectrum
- > sensory integration treatment
- > vestibular rehabilitation
- > visual motor and perceptual screening and therapy services
- > Neuro-Developmental Treatment (NDT)
- > seating, positioning and power mobility assessment
- > bilingual services
- > The Listening Program®
- > Astronaut Training to integrate vestibular, auditory and visual systems
- > care coordination
- > SOS (Sequential Oral Sensory) feeding program
- > Handwriting Without Tears®
- > holistic and team-based approach



**“When I found out my daughter had torticollis, I felt even more anxious than the day I brought her home from the hospital. Our physical therapist thoroughly explained her condition and prognosis, which set my mind at ease. From interactive therapy to home routines, we worked through everything as a team. Now Olivia looks and feels like a million bucks.” Tara H., parent**

**“When I think of Little Tesoros, I think of a home grown company that fits children’s needs like a glove. Only the highest quality and most dedicated therapists are employed there. They give 100 percent and do the best job possible.” Isabel Huerta, Executive Director, Sammy’s House**



## Our Clinic

We have designed and decorated our space to be child-friendly and welcoming, while keeping in mind the sensory and motor needs of many of our patients.

We strive to create a family atmosphere where children and families feel at home. Our support and office staff know our patients by name and help them feel valued and comfortable. It is not uncommon to see two patients and their individual therapists come together for an interactive game or physical activity.

Therapy technicians (techs) are on staff at all times to help ensure that our equipment stays neat and clean, is properly sanitized, and is ready for the next child. They are glad to join in a treatment session when an extra pair of hands is needed; their genuine love and care for our patients is evident immediately.

Our clinic provides approximately 6,000 square feet of therapy and office space. Treatment areas consist of two therapy gyms, four private treatment rooms and two semi-private treatment areas. Each space has its own set of supplies to address sensory, motor or language goals. Our gyms include a variety of large treatment equipment such as a treadmill, as well as swings, therapy balls and bolsters, slides, scooter boards and mats.

### Home-Based Therapy

We started our practice by providing care for patients in their home or other community settings, and this continues to be our focus today. Patients and their families may be best served by receiving therapy in their homes for a variety of reasons including transportation barriers, medical conditions, distance from our clinic and other family circumstances. Babies and young children often feel most comfortable in the familiar setting of their homes or day care programs, where treatment effectiveness can be maximized as part of their daily routine. Depending on therapist availability, we serve not only Austin but many surrounding areas.



**"I am blessed and challenged to have the daily opportunity to encourage children to communicate who they are and in turn grow in their abilities to interact with others and experience the world around them."** Julie Foreman, speech-language pathologist

## Staff

Our outstanding therapy staff consists of approximately 40 full and part-time physical, occupational and speech therapists with a variety of specializations, additional training and certifications. Neuro-Developmental Treatment, VitalStim, The Listening Program and Astronaut Training are just some of the specialties our staff practice. Additionally, several members of our team have been practicing in their fields for more than 30 years. Our in-house mentoring program ensures that their knowledge and expertise are shared with all therapists.

Owners Donna S. Smith and Alyson Shirey have made it a priority to create a family of therapists. With each new hire the focus is not only on skills but the fit of the therapist with the rest of the therapy family. Our staff are passionate about what they do and look forward to coming to work every day.

### Donna S. Smith, PT

Donna S. Smith, co-owner, is a 1993 graduate of Texas State University, (formerly Southwest Texas State University) with a B.S. in physical therapy. After working in the hospital setting for eight years, she followed her dream and in coordination with her business partner founded Little Tesoros in July 2001. Donna is trained in Neuro-Developmental Treatment (NDT). She has been adjunct faculty and guest speaker at Texas State since 1995 and speaks frequently for various organizations.

### Alyson Shirey, OTR

Alyson Shirey, co-owner, is a 1994 graduate of Texas Woman's University with a B.S. in occupational therapy. She has worked in hospitals, schools and outpatient clinics and gained extensive experience with feeding disorders, including those in a neonatal intensive care setting. Alyson is a fluent Spanish speaker, and is certified in NDT and SIPT (Sensory Integration and Praxis Tests). Additionally, she has spent many years in the training and development of communication and leadership skills. She has been a guest lecturer at Texas State University and given training to Central Texas educators.

**“At Little Tesoros we do our best to match each child with one of our highly skilled therapists whose training, expertise and personality will be the best fit for the child’s needs and the needs of the family.” Donna S. Smith, physical therapist**



## Getting Started

Patients may be self-referred or referred by physicians, third-party payers, or other health care professionals.

### Evaluation

The first appointment is an evaluation to assess your child’s current skill level and need for therapy. The therapist will review your child’s health information with you and discuss your concerns. Based on that information, all necessary testing will be completed. Staff will review their professional observations, analyze the results of any testing, discuss areas of delay or impairment, and make recommendations regarding therapy.

### Therapy Appointments

Sessions are scheduled for 60 minutes, are play based and consist of activities your child enjoys while still addressing therapy goals. The last 10-15 minutes may be used to cover treatment plan and progress with you (or the caregiver) as well as provide suggestions for home exercises, if applicable.

### Insurance

All co-pays, co-insurances and deductibles are collected at the time services are rendered unless you have made prior arrangements with our billing office.

We are in-network with the following insurance companies:

- > Blue Cross Blue Shield
- > Aetna
- > Humana
- > Medicaid
- > CHIP Medicaid
- > First Health
- > Great-West
- > CIGNA
- > United Healthcare
- > PHCS
- > Texas True Choice
- > HealthSmart
- > Meritain Health
- > Tricare
- > Health Net
- > MultiPlan
- > Superior/Superior STAR Medicaid

Your cost for therapy varies based on your individual insurance plan. Many insurance plans cover therapy services, but certain conditions may apply. It’s important to know what your plan will cover before your child begins therapy.

## Contact Us

If you're interested in starting services or want to schedule a tour of our clinic, call us at

> 512-248-2422

or send an email to

> [info@littletesoros.com](mailto:info@littletesoros.com)

### Visit Our Website

> [littletesoros.com](http://littletesoros.com)

Find resources to connect you with the community and answers to many frequently asked questions.

Paperwork for new patients, including our Start of Care, can be downloaded here.

### Clinic Location

We are located on the northeast corner of Highway 183 and Burnet Road in the Continental Building at:

> 9101 Burnet Road

> Suite 103

> Austin, Texas 78758

> Telephone 512-248-2422

> Fax 512-248-2354

> Email [info@littletesoros.com](mailto:info@littletesoros.com)

> Internet [www.littletesoros.com](http://www.littletesoros.com)





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