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## It's Not Just A Diagnosis For Children

Sensory processing dysfunction is a condition in which one's sensory system does not process input ranging from sound, light, sights, tastes, and touch properly. Sensation can be OVER registered or UNDER registered and any combination of the two across the different senses. When one over registers input, they are over sensitive to it and generally over react to it such as startling at noises, not being able to tolerate touch from others, being overly sensitive to light to the point that it hurts one's eyes. When one under registers input, their system does not recognize normal stimulation occurring around them such as missing auditory cues like someone calling your name, not being able to find items when looking for them, or touching things and people frequently due to not registering touch sensation accurately.

Sensory processing dysfunction is fairly well known in the pediatric community. However, it occurs just as frequently in the adult population as well. Unfortunately, most adults with sensory processing dysfunction simply label their sensory quirks as just that. These sensory quirks can range in severity from not being able to tolerate certain fabrics or textures to not being able to engage in an intimate relationship of any kind due to over sensitivity to touch. Some people avoid stimuli that are bothersome or irritating to them and therefore don't display over reactions while others do not avoid it and do over react. Some over reactions can result in aggression or anxiety attacks.

Fortunately, if a person recognizes any of these attributes in themselves, there is help. Occupational therapists have special training and knowledge in sensory processing. An occupational therapist can evaluate your sensory processing system through skilled observation and interview then make suggestions on how to help re-organize your sensory system.

So, if you are fussy about clothing, an extremely picky eater, irritated by light touch, anxious in an elevator, excessively ticklish, startle easily at noise, or have difficulty concentrating due to distractions all around you, you may be experiencing sensory processing dysfunction and would benefit from an occupational therapy sensory assessment.

Article written by: Carrie Pike, OT

### The Misspelled Word Game !

Once you find the misspelled word call the Bangor office at 992-4042. If you correctly identify the word you will be entered to win our monthly prize. This month the prize will be a \$10.00 movie pass. Good luck and happy searching! Winner will be drawn on July 31st. Congratulations to our June winner!

### SUMMER FUN FROZEN LEMONADE

- 1 cup fresh lemon juice (about 6 lemons)
- 1 cup granulated sugar
- 4 cups cold water
- 1 cup cracked ice
- 6 maraschino cherries, with stems

#### Directions

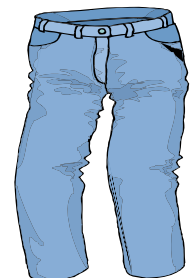
In a blender or smoothie machine, process the lemon juice and sugar for approximately 30 seconds to blend well. Add 2 cups of water and half the ice and blend, crushing the ice. Add the remaining ice and water. Blend on high speed until the mixture resembles a frozen delight!

Divide among 6 glasses and top each glass with a cherry.



### PATIENT'S RESULTS

*"When I came to Results at the beginning of May, my right calf was so swollen from lymphedema that I couldn't wear jeans. For a year and a half I had to wear sweat pants and even they started to get tight. My vascular doctor sent me to Results PT, through my therapy sessions and perseverance, I CAN WEAR JEANS again and move like I used to! My advice is to make your appointments and do what they say and Results will get you "RESULTS"! -F.M.*



**RESULTS PHYSICAL AND  
OCCUPATIONAL THERAPY  
890 HAMMOND STREET  
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**PRSRT STD  
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PAID  
PERMIT NO. 76  
BANGOR, ME**

Try to find **all 22** words on this board.

V N T N E M D I R B E D D A N I D J D T	BALANCE
A F M V P V B W K P Q H S F Y N O X G I	BAPS
B A Y G O M Y B I L O O P L R I H W P N	BERG
S Y T L W U N O I T A U L A V E U P H U	COLDTHERAPY
P B N T M E S U R I A H C L E E H W H S	DEBRIDMENT
H Y P A R E H T O R T C E L E Y V O F N	ELECTRODES
A Q C N W X C Q M A C K F R S F G U B E	ELECTROTHERAPY
Q A Z F Q X P H C I O Y T I M F B N T T	EVALUATION
Y T Y P A R E H T D L O C G N C S D R L	EXERCISE
J H X O G J K M F M R A T R O P W C V E	GAIT
U E X E R C I S E V L W Z E A Y N A Z B	GAITBELT
G R Y T I L I B A T S R A B M U L R V T	LUMBARSTABILITY
G A D U H B O M H F U K T P J H O E I I	PHYSICALTHERAPY
S P Q L Z E N E L E C T R O D E S N E A	RANGE OF MOTION
O U K A Q H R A N G E O F M O T I O N G	TENSUNIT
T T H E R A B A N D U P H V C I F V B Q	THERABALL
N T B A P Z N M B D N U O S A R T L U J	THERABAND
L Y N Y I T E J H A E I Q H S L W R P Z	THERAPUTTY
K Z Q T A F V D Q T L F E C N A L A B C	ULTRASOUND
U U L F U W Q Z Q Y R L H J W T K H E T	WHEELCHAIR USE
	WHIRLPOOL
	WOUND CARE