

Strength Group:

Strength group is an opportunity to participate in a fitness program with peers and family members. Patients learn to increase strength and fitness while having fun. Participants enjoy a variety of strength and cardiovascular equipment.

Strength group is led by knowledgeable and experienced staff including a physical or occupational therapist who provides expertise and guidelines to progress a child's individual exercise program. This group offers individual and group support, and typically meets weekly for 10 weeks in the spring and fall.



Hippotherapy:

Hippotherapy is a treatment strategy used by physical, occupational, and speech therapists that utilizes equine movement to facilitate progress toward therapeutic goals. Hippotherapy is an evidence based practice shown to improve muscle tone, balance, posture, coordination, motor development and emotional well-being (AHA, 2010).

A licensed physical, occupational or speech-language therapist with specialized training in the principles of hippotherapy and horsemanship is responsible for directing the treatment team, which includes the patient, therapist, riding instructor, horse leader, horse and side walkers. St. Luke's Witwer Children's Therapy is pleased to partner with Miracles in Motion to provide hippotherapy at their Swisher location.

Witwer Children's Therapy locations

Williams Plaza
3245 Williams Parkway SW, Cedar Rapids
319/369-8407

Hiawatha Children's Campus
1079 N. Center Point Road, Hiawatha
319/369-8001

Online: www.unitypoint.org/cedarrapids/services-witwer-childrens-therapy.aspx

Healthcare provider referrals and insurance coverage

If you have concerns about your child's development, it's important to discuss them with your primary care provider. You'll need a referral from a provider to receive Witwer Children's Therapy services.

Our services are covered by most insurance companies, including Wellmark Blue Cross/Blue Shield, Hawk I, Medicaid and other types of insurance. Our case manager will work with you to determine if services will be covered for your child.

To learn more about how the experts at UnityPoint Health – St. Luke's Witwer Children's Therapy can help your child and family, please call 319/369-8407.

St. Luke's Physical Medicine and Rehabilitation

Witwer Children's Therapy is a part of the Physical Medicine and Rehabilitation Division of UnityPoint Health – St. Luke's Hospital. St. Luke's is a regional leader in the physical rehabilitation field, offering the most comprehensive array of services in eastern Iowa.

Witwer Children's Therapy Special Programs



UnityPoint Health
St. Luke's Hospital

Special Programs at Witwer Children's Therapy

Social Group:

Witwer's Discovery Social Group focuses on providing social skills training for preschool and elementary children. Participants engage in exciting, interactive thematic activities that allow for one-on-one individual therapy with a therapist as well as group participation. Our time together generally includes a story, activities with movement, a snack and songs.

To be eligible for Discovery Club a child must be a current Witwer patient in speech therapy, occupational therapy and/or physical therapy. Come join us as we make new friends and have lots of fun learning new skills with other children!



Animal Assisted Therapy:

Witwer Children's Therapy utilizes animal assisted therapy for both individual sessions in the clinic as well as a group that meets weekly.

The Animal Assisted Therapy Group targets patients with special needs, ages 3+, with the goal of increasing cognitive, social, gross and fine motor skills. The focus includes but is not limited to problem solving abilities, bilateral coordination, upper/lower extremity ROM/strength, gait, balance, and sensory processing. The ultimate goal of the program is to teach children motor and visual planning to independently complete a novel task.

The dogs provide encouragement and motivation for participation. Working with peers provides modeling as well as promotes teamwork and communication with peers in addition to adults. This group is led by a team of speech therapists, occupational therapists, and/or physical therapists.



Aquatics:

Aquatic therapy is individualized therapy using the properties of water to help patients improve strength, balance, and overall functioning. Patients work one on one with a licensed physical, occupational, or speech therapist who has received specialized training in aquatic therapy techniques including specific techniques for children.

Children who may benefit from aquatic therapy include those with a diagnosis of cerebral palsy, spina bifida, low muscle tone, apraxia, poor speech production, coordination dysfunction, autism, anxiety, and those who have recently had surgery. Benefits include improved strength and balance, decreased pain, improved breath and voice control, improved self-confidence, and quicker return to land based activities following an accident or injury.

Aquatic therapy has been shown in several recent peer reviewed studies to lead to improvements that carry over to land based therapy. Aquatic therapy sessions are offered several times per year, last 6-8 weeks, and are currently held at the Best Western Plus Longbranch Hotel in Cedar Rapids.



Children are naturally drawn to learning through positive experiences. Physical, occupational and speech therapists create fun, hands-on activities that appeal to kids, and use various play and social techniques to address specific therapy challenges. Kids and parents enjoy these special opportunities and often make significant strides in their treatment goals!