

MPPT NEWSLETTER APRIL 2026



TAKING THERAPY OUTSIDE



From all of this nice spring weather lately, we've been taking some of our therapy sessions outside! Outdoor therapy gives our patients a chance to move, explore, and practice skills in a fun, natural environment!

Behind the clinic, we have our therapist parking lot where we also have a picnic table and some space to run around and play. Our therapists utilize this space to practice skills like riding a bike, coloring, or engaging in group play!



SCIENCE BEHIND THERAPY



Research shows that time spent outdoors can have real benefits for children, like:

- **Improved attention and focus:** exposure to nature can help improve concentration and reduce mental fatigue in children.
- **Better motor development:** Natural environments encourage climbing, running, balancing, and exploring, which supports gross motor skills.
- **Reduced stress and improved mood:** Fresh air, sunlight, and movement can help regulate mood and lower stress levels.
- **Increased engagement:** Kids are often more motivated and willing to participate when therapy feels like play.
- Sunlight also helps the body produce **vitamin D**, which supports bone health, immune function, and overall growth.



ST. PATTY'S WEEK



Edible Rainbow: We used Fruit Loops and marshmallows to build colorful rainbows to support fine motor skills, expressive language skills, following directions, and social skills to make a tasty St. Patty's Day creation. Hands-on activities like this make therapy engaging, creative, and fun to explore!



Neil's Scavenger Hunt: Equipped with their leprechaun lookers that our friends made, we now had to follow his scavenger hunt around the clinic! Neil left them with a map of the clinic, finding clues along the way, to find his pot of gold. Unfortunately, Neil, being the mischievous leprechaun he is, led us to a fake pot of gold. Maybe next year, Neil!

WEATHER WEEK



Cracker Sun Snack: Our "Sun Cracker" snack was shining bright during Weather Week! Kiddos created their own sunny snack using crackers, cheese, and fruit while practicing fine motor skills, sequencing steps, and making healthy choices. Like a kid charcuterie board, they got to pick their cheeses and fruits for their yummy snack!



Weather Riddle Sensory Bin: This weather activity had friends search through the sensory bin to find weather riddles hidden inside. Once they thought of the answer, they had to find the matching picture. This activity helped encourage sensory exploration, critical thinking, and visual matching skills while keeping an eye on the weather.



A LOOK INTO: GO FEET ORTHOTICS



As some of you may know, MPPT partners with **Go Feet Orthotics**, a company that makes custom orthotics for kiddos. They make SMOs, AFOs, custom insoles, prosthetics, compression garments, and upper extremity bracing. Go Feet is based in the upstate but also serves those in Charleston County. Mr. Jonathan, owner of the company, has been with us for over a year now, and we have been very happy to have him serve our kiddos and their families! Let's get to know him and his company:



Jonathan Witten has over 15 years of experience in pediatric orthotics. He founded GoFeet Orthotics with one goal in mind: to help children thrive with **comfort, confidence, and customized care**. Jonathan comes every month to MPPT to serve certain kids and their families to make custom orthotics on site! It's very cool to see him connect with our kiddos, as they love getting their cool, customized orthotics.

CHECK OUT SOME OF MR. JONATHAN'S COOL, CUSTOMIZED ORRHOTICS



KAFO'S



SMO'S



HAND SPLINTS



FOOT ORTHOTICS



If you are interested in learning more about how custom orthotics can support comfort, movement, and overall foot health, the GoFeet Orthotics team would love to help.

Check out their website at:

 gofeetorthotics.com



CLINIC CHECK-IN



APRIL BIRTHDAY'S

9TH

MS. KATE



16TH

MR. LIAM



MPPT Kids Say the Darndest Things

Mr. Liam grabbing a spider off the wall

Remi (5 years old): "Mr. Liam get the spider! Don't let him bite you, you turn into Spider Man."

Have a great
**SPRING
BREAK!**



Registration Dates:
April 27- May 1

Event:
August 19

Please make sure to sign up quickly as spots fill up fast!

