# **Improving Upper Extremity Control**

## About the Author

#### Regi Boehme 1945-2004

Regi Boehme graduated from Western Michigan University with a B.S. degree in occupational therapy. She was a certified occupational therapy instructor in neurodevelopmental treatment and lectured internationally on topics related to neurological dysfunction. Her legacy is the many children she helped and the many therapists she trained.

Regi spent her life being curious. Her experiences with those challenged by gravity led to this book. Her focus on teaching led her to the realization that the therapy professions are filled with gifted people who are also curious. They, too, have led to this book.

## About the Illustrator

John Boehme graduated from St. Norberts College with a BS degree in psychology. His avocation of stained glass designing has led to his "love of line" which is expressed in his illustrations. He was the executive director of Boehme Workshops, offering state of the art continuing education opportunities for individuals involved in the care of children with neurological dysfunction.

# Acknowledgements

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John Barnes, RT. for broadening my perspective on touch.

## **Topic Index**

#### Chapter 1: Touch (play list #5)

This Chapter Includes:

Inhibition and Facilitation Key Points of Control Grading Your Input Sustained Light Pressure Sustained Deep Pressure Intermittent Touch Treatment with Movement; Slow & Fast Treatment with Compression and Traction Sustained Joint Traction Sustained Joint Compression Intermittent Compression Other Forms of Tapping The Concept of Assessment The Concept of Carryover The Concept of Treatment References

## Chapter 2 (*play list #6*) The Role of the Shoulder Girdle in Posture and Movement *This Chapter Includes:*

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## Chapter 3 (*play list #7*) Analysis and Treatment for Horizontal Reach *This Chapter Includes:* Movements of the Arm in a Horizontal Plane

Horizontal Humeral Abduction Summary References

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#### Appendixes

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