



Gillette Children's
Specialty Healthcare



Burnsville Clinic

A Gillette Children's Specialty Healthcare Clinic



Many children use the Burnsville Clinic's therapy pool to help improve their muscle strength and flexibility. Here, physical therapist Patty Gramke works with Lily, who has juvenile rheumatoid arthritis.

The Burnsville Clinic

Gillette Children's Specialty Healthcare is internationally known for treating young people who have disabilities and complex medical needs. Gillette's Burnsville Clinic is located in the southern part of Minnesota's Twin Cities metropolitan area. Doctors here specialize in a variety of medical fields. We also provide physical, occupational and speech therapy; assistive technology services; and other forms of care. More specialists and services are available just 20 miles away, at Gillette's St. Paul campus.

Gillette opened the Burnsville Clinic in 2004 and expanded it in 2006. The 18,000-square-foot site contains examination rooms, X-ray facilities and several therapy spaces, including a gym, a pool, a kitchen and a playground. The clinic is easy to reach. Parking is free, just outside the building. Inside, we've decorated the entire clinic with images of water and other natural environments to help children and families feel at ease during their visits.

On the cover: As a result of an intrauterine stroke, Alyssa has hemiplegic cerebral palsy, which affects movement on the right side of her body. To help her improve her muscle control, she sees physical therapist Jean Kelecic in the Burnsville Clinic therapy gym.

Cerebral Palsy Services

The mix of physicians and services at the Burnsville Clinic is especially useful to families of children who have cerebral palsy.

- Our doctors specialize in orthopaedics, neurology, rehabilitation medicine and other areas related to the treatment of cerebral palsy and its effects.
- Children can receive their physical, occupational and speech therapy here.
- We evaluate and recommend treatments for spasticity, a type of muscle stiffness that affects many children who have cerebral palsy.
- Our Assistive Technology department builds orthoses (braces), wheelchair-seating systems and other equipment to help children who have cerebral palsy move more easily and participate more fully in everyday activities.



Nick, who has cerebral palsy, spends a therapy session with speech and language pathologist Michelle Seim. Michelle shows Nick how an augmentative communication device gives him new ways to express himself and interact with others.

Medical Specialties

Our Team Approach

To provide a child with the best care possible, Gillette's medical specialists work closely with one another, the child's family, and the child's other health-care providers — including pediatricians, neurologists and community therapists. Together, we coordinate treatment plans to improve the child's overall physical and emotional well-being. Doctors at the Burnsville Clinic practice in the following medical specialties.

Pediatric Orthopaedics

Our orthopaedic surgeons treat children's bone and muscle problems that result from cerebral palsy and other neuromuscular conditions. We also care for children who have short- and long-term orthopaedic conditions, including:

- Clubfoot
- Fractures
- Hip deformities
- Leg-length discrepancies
- Other complex orthopaedic conditions

Our patients who need splints, orthoses, casts or X-ray services can get them at the Burnsville Clinic.

Pediatric Neurology

Our neurologists and neurology nurse practitioners treat children who have disorders affecting the brain, nerves and spinal cord. Conditions we see include:

- Brain injuries
- Cerebral palsy
- Epilepsy and other seizure disorders
- Migraine headaches
- Neonatal and childhood strokes
- Neurodevelopmental delays
- Neurological conditions related to premature birth
- Other neurological conditions

We refer some patients to a neuropsychologist or a sleep specialist. Those specialists are available for consultations in Burnsville.

Pediatric Neurosurgery

Our neurosurgeons evaluate and treat children who have conditions affecting the nervous system. Our patients' diagnoses include:

- Brain and spinal cord tumors
- Hydrocephalus
- Other conditions that require neuro-surgical evaluations
- Cerebral palsy
- Neurotrauma
- Spina bifida

Some treatments require that our neurosurgeons operate on the brain and other parts of the nervous system. Those procedures take place at our St. Paul campus. We also collaborate with Gillette's craniofacial team to treat children who have skull-formation problems, such as craniosynostosis or head asymmetry.

Pediatric Craniofacial Surgery

Our craniofacial surgery team evaluates and treats children who have problems with the bones and muscles of the head, neck and face. Conditions we see include:

- Cleft lip and palate
- Hemangiomas and vascular malformations
- Craniofacial anomalies
- Hemifacial microsomia
- Craniosynostosis
- Microtia
- Deformational plagiocephaly
- Nevi
- Facial paralysis resulting from tumors, trauma or congenital causes
- Torticollis

We also treat craniofacial conditions associated with syndromes such as Apert, Crouzon, Pfeiffer, Goldenhar and Treacher Collins. Treatment plans might include plastic surgery, specialized orthodontics, physical and speech therapy, assistive technology, psychology services, and genetic counseling. Many of those services are available at the Burnsville Clinic.

The Burnsville Clinic is full of playful spaces. Sydney, who has cerebral palsy, enters this tree-lined hallway to show off her improved walking skills to Marcie Ward, M.D., a pediatric rehabilitation medicine physician.



Pediatric Rehabilitation Medicine

Our pediatric rehabilitation medicine physicians develop and help manage treatment plans for children who have complex needs associated with:

- Brain and spinal cord injuries
- Cerebral palsy
- Delayed motor-skill development
- Spina bifida
- Other neuromuscular conditions that affect a child's movement

We might recommend orthoses (braces) or other forms of assistive technology. We might suggest a spasticity evaluation or a therapy program. Many of our patients receive their recommended treatments at the Burnsville Clinic.

Pediatric Neuropsychology

A neuropsychologist assesses how a child's neurological disorder is affecting the brain functions that direct learning and behavior. We conduct neuropsychological evaluations of children who have:

- Epilepsy and other seizure disorders
- Neuromuscular disorders
- Traumatic brain injuries
- Other neurological conditions

An initial evaluation of a child provides baseline information that can help us track changes in cognitive and developmental skills over time.

Pediatric Sleep Medicine

Sleep disorders are common in children who have disabilities and chronic health conditions, such as a brain injury, cerebral palsy, epilepsy or spina bifida. A sleep specialist performs an assessment when a child experiences such problems as:

- Circadian rhythm disorders
- Excessive daytime sleepiness
- Insomnia
- Obstructive sleep apnea
- Other difficulties related to sleep

Depending on the type and cause of a child's sleep disorder, our recommended treatment might include behavior modification, medication or surgery, such as a tonsillectomy or an adenoidectomy. We also might recommend an overnight sleep study at our St. Paul campus.

Pediatric Psychiatry

Working with a child's family and physicians, a psychiatrist can help identify and address mood and behavioral disorders in children who have disabilities. Disorders we diagnose and treat include:

- Bipolar disorder
- Dysthymia
- Major depression

Following our evaluation of a child, we might recommend psychiatric therapy or medications.

Community Connections

Gillette has strong ties to the communities that surround our Burnsville Clinic. Our physicians and therapists host events to teach people about disabilities and chronic health conditions, such as cerebral palsy. We work with local schools and other organizations to help families find therapy services. And we collaborate with area health-care providers, including pediatricians and school therapists, to help children in the region receive the best possible treatments.

To invite a Gillette specialist to participate in an event or to work with a community organization or health-care provider, please contact our outreach coordinator at 651-325-2319 or 800-719-4040 (toll-free).

Rehabilitation Therapy

Our rehabilitation therapists provide physical, occupational, and speech and language therapy for children who have cerebral palsy, developmental delays and other medical conditions. The Burnsville Clinic contains several specialty therapy spaces. Each is outfitted to help children meet specific goals.

Therapy Gym

To help children improve walking and other skills, our large gymnasium features hard and soft floor surfaces, exercise machines, toys, and other therapy tools.

Outdoor Therapy Playground

We conduct some therapy sessions outdoors on play equipment that's accessible to children of various abilities. Using our playground can increase children's enthusiasm for therapy and help them learn how to work on their therapy goals when they're not at the clinic.

Physical therapist Stephanie Zigan leads Mitchell, who has spina bifida, through therapy exercises on the Burnsville Clinic's outdoor play equipment.



After having surgery at Gillette to reduce muscle spasticity, Riley's follow-up care includes using the underwater treadmill in the Burnsville Clinic therapy pool. Amanda Singleton, physical therapist assistant, guides Riley through his sessions and collects computer data about his progress.



Therapy Pool

Therapy in water makes movement easier for some children, helping them gain strength and improve muscle control. Our state-of-the-art therapy pool includes shallow and deep sections and a floor-mounted treadmill. An underwater video system records images and sends computer data about a child's movements to therapists. Stairs and a hydraulic lift help children get in and out of the pool.

Therapy Kitchen

Our fully equipped therapy kitchen helps young people develop important life skills, such as cooking and washing dishes. We also use the kitchen's appliances to prepare for feeding evaluations and therapy.

Group Activity Room

To help children benefit from therapy in a social setting, we have a large multipurpose room that provides interactive opportunities for all ages. The room contains many useful technology applications, including augmentative communication equipment, switches for controlling assistive devices, and adapted keyboards and other computer equipment.

Specialty Care Clinics

At our Burnsville Clinic site, Gillette holds several specialty care clinics. In each one, specialists from different fields focus together on a particular type of medical concern.

Spasticity Evaluation Clinic

A pediatric neurosurgeon, a pediatric orthopaedic surgeon and a pediatric rehabilitation medicine physician evaluate children who have spasticity — muscle tightness caused by a lack of normal communication between the brain and spinal cord. We work to identify causes of a child's spasticity, assess its effects on daily activities, and inform the child's family about treatment options. We might recommend:

- Physical and/or occupational therapy
- Casting and/or orthoses (braces)
- Oral and/or injected medications, such as botulinum toxin type A (Botox)
- Surgery, such as:
 - Implantation of an intrathecal baclofen pump, which sits under the skin of the abdomen and delivers medicine to reduce spasticity
 - A selective dorsal rhizotomy, which involves cutting nerve rootlets to permanently reduce spasticity

The spasticity-evaluation process includes an appointment with a physical therapist. The child also might visit Gillette's Center for Gait and Motion Analysis at our St. Paul campus, where we use video and computer technology to analyze body movements.

First Seizure Clinic

Certified pediatric nurse practitioners evaluate children who've recently had seizures for the first time. Pediatric neurologists



Mabel and her father, James, discuss Mabel's spasticity evaluation, with (from left) Mark Gormley Jr., M.D., pediatric rehabilitation medicine physician; Deborah Quanbeck, M.D., pediatric orthopaedic surgeon; and Joseph Petronio, M.D., pediatric neurosurgeon.

also are available to take part in the evaluations. We use electroencephalogram (EEG) tests to help identify what type of seizure a child has had. We also teach the child's family how to recognize — and respond to — future seizures if they occur.

Epilepsy Life Stages Clinics

At several key points in the life of a child who has epilepsy, a pediatric neurology nurse practitioner meets with the child's family to answer questions and offer guidance. The clinic helps family members adjust the care they provide as a child's needs change over time.

Feeding Clinic

A speech and language pathologist and an occupational therapist work with a dietitian to evaluate children's feeding problems, such as difficulty chewing or swallowing, aversion to certain food textures, or anxiety during mealtimes. Our team assesses a child's anatomy, behavior, diet and other factors related to eating and drinking. We might use video-fluoroscopy — a video X-ray system — to see the movement of food and liquid while the child swallows.



During a feeding therapy session, occupational therapist Tonya Rich and speech and language pathologist Heather Bracken combine their expertise to help Riley improve his chewing skills and tolerate a wider range of food textures.

After our evaluation, we might recommend home feeding techniques or feeding therapy, which we can provide at the Burnsville Clinic. We also can provide adaptive equipment to help properly position a child for eating. And we might refer the child to additional Gillette pediatric specialists, such as a psychologist or a gastroenterologist, in Burnsville or at our St. Paul campus.

Deformational Plagiocephaly and Torticollis Clinic

A pediatric craniofacial nurse practitioner evaluates infants who have problems with neck movements and/or have an abnormal head shape. A child who has torticollis (tight muscles on one side of the neck) might lie on one side more than the other, which might cause flattening of the back of the head — a condition called deformational plagiocephaly.

In our clinic, we might recommend physical therapy, which we offer in Burnsville and usually can provide on the day of the child's clinic visit. We discuss treatment options such as our CranioCap® orthotic molding helmet, which helps correct the shape of a baby's skull. Our Assistive Technology staff can build and adjust CranioCap® orthoses at the Burnsville Clinic. If a child needs further evaluation, we can schedule an appointment with a pediatric craniofacial surgeon.

Additional Services

With the scope of services available at the Burnsville Clinic, families can meet many of their children's medical needs in a single location.

Seating and Mobility Evaluations

We conduct seating and mobility evaluations to help make sure children's wheelchairs and other pieces of adaptive equipment are comfortable and useful to them. A physical or occupational therapist and an assistive technology or seating specialist work together to thoroughly assess a child's needs and equipment. We include the child's family in our discussions to help determine how to best provide support for the child's head and body.

Paul, who has cerebral palsy, visits the Burnsville Clinic for wheelchair improvements. Jean Kelecic, physical therapist, and Brian Reilly, seating specialist, help make sure Paul's chair fits him comfortably and serves his needs.



Radiology

X-rays taken at the Burnsville Clinic are stored in a computer system. That gives our physicians and other specialists quick, easy access to the X-rays from any Gillette facility.

Videofluoroscopy (Swallowing Studies)

We use a video X-ray system to track the movement of food and liquid in the body while a child eats or drinks. Videofluoroscopy shows us the child's mouth, soft palate and throat muscles in motion during swallowing. Doctors and therapists use swallowing studies to help evaluate and treat feeding difficulties.

Nutrition

Our dietitians help families ensure that their children receive proper nourishment. We can assess the nutrition of a child's diet and help the child's family provide healthy meals at home. If a child uses a gastrostomy tube (sometimes called a feeding tube or a G-tube), we work with the child's family to develop a tube-feeding routine.

Assistive Technology

Our assistive technology specialists design, build and adjust customized orthoses (braces), prostheses (artificial limbs), wheelchair seating and adaptive equipment. We also modify protective headgear, power-wheelchair controls, and mounts that attach augmentative communication devices to a child's wheelchair. Our staff includes certified orthotists, prosthetists and seating specialists.

Casting

Our casting technicians provide casts for children who have fractures and other short-term bone problems. We also apply a series of casts, over time, to stretch tight muscles in children who have spasticity — a technique called serial casting.

Social Work

Our social workers meet with families to learn about their needs and offer help. We point people to community resources they might find valuable. We help people coordinate services their children receive. We answer questions about medical procedures, and we provide emotional support.

Child Life

Our child life specialists help children manage pain they might feel during some medical procedures. We also use therapeutic play, educational materials and tours of Gillette facilities to help children and their families better understand — and cope with — procedures and treatments.

Nursing

Our nurses work closely with physicians and patients to provide care, help coordinate services, and educate families about treatment options for their children.

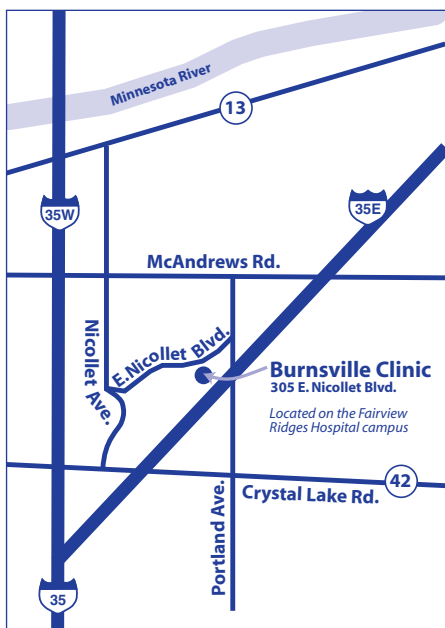
Appointments and Referrals

Physicians, therapists, parents and others may refer patients to Gillette's Burnsville Clinic. For an appointment or to learn more about Gillette, call 651-229-8707 or 800-719-4040 (toll-free).

Our Location

Gillette's Burnsville Clinic, 305 East Nicollet Boulevard, is on the Fairview Ridges Hospital campus, just east of Interstate Highway 35W and north of Crystal Lake Road (County Road 42) in Burnsville, Minn.

For directions and more information about the Burnsville Clinic, visit www.gillettechildrens.org.



Our Mission

Gillette meets the special health needs of people — primarily children and teens — who have disabilities. Our mission is to help those we serve realize greater well-being, independence and enjoyment in life.

We combine medical, nursing, therapeutic, technical, psychosocial and other expertise in family-centered programs. We provide services at our clinics, in our hospital and throughout the region, in response to community needs and often in collaboration with other organizations. We seek to build community partnerships that help continue our mission and enhance care for people who have disabilities.

Centers of Excellence at Gillette

Treating people who have disabilities and complex medical conditions requires a team approach. At Gillette, our doctors, surgeons, nurses, therapists, psychologists, social workers and other specialists work together to care for patients. Throughout our centers of excellence, we offer leading-edge medical treatments tailored to the unique needs of each patient.

Gillette's centers of excellence:

- Center for Cerebral Palsy
- Center for Craniofacial Services
- Center for Gait and Motion Analysis
- Center for Pediatric Neurosciences
- Center for Pediatric Orthopaedics
- Center for Pediatric Rehabilitation
- Center for Pediatric Rheumatology
- Center for Spina Bifida



Gillette Children's
Specialty Healthcare

St. Paul (Main) Campus
200 University Avenue East
St. Paul, MN 55101
651-291-2848
800-719-4040 (toll-free)

Duluth Clinic
Lakewalk Center
1420 London Road
Duluth, MN 55805
218-728-6160
800-903-7111 (toll-free)

Burnsville Clinic
305 East Nicollet Boulevard
Burnsville, MN 55337
952-223-3400
866-881-7386 (toll-free)

Maple Grove Clinic
9550 Upland Lane North
Maple Grove, MN 55369
763-496-6000
Opening early 2008

Minnetonka Clinic
6060 Clearwater Drive
Minnetonka, MN 55343
952-936-0977
800-277-1250 (toll-free)

Mobile Outreach Clinic
For locations and schedules:
651-634-1938
800-578-4266 (toll-free)
www.gillettechildrens.org



Gillette Lifetime
Specialty Healthcare

St. Paul – Phalen Clinic
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www.gillettechildrens.org