



Maple Grove Clinic

A Gillette Children's Specialty Healthcare Clinic

Our Mission

Gillette Children's Specialty Healthcare meets the special health-care 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.

On the Cover —

Kristine Greer, physical therapist, does a balancing exercise with Summer, age 2. Summer participates in physical therapy once a week to strengthen her muscles.

The Maple Grove Clinic

Gillette's Maple Grove Clinic offers rehabilitation therapy for children and teens who have disabilities. We also offer a full range of assistive-technology services to patients of all ages. The clinic is conveniently located for patients and families who live in the northwest Twin Cities metro area and in central Minnesota.

In addition to our main campus in St. Paul, which includes a 60-bed hospital, Gillette offers a team of specialists at our four outpatient clinics throughout the Twin Cities and in Duluth, Minn. For patients who live in greater Minnesota, we provide assistive-technology services — and some physician and nurse-practitioner services — through our Mobile Outreach Clinic.



Kristine Greer, physical therapist, teaches Summer how to walk with a device that will help her be more independent. Physical therapy helps address her muscle weakness, balance and coordination difficulties.

Rehabilitation Therapy

Our Maple Grove Clinic offers patients a full range of rehabilitation therapy services in multiple therapy environments.

Therapeutic Evaluations and Recommendations

Whether a child needs a one-time evaluation or a comprehensive therapy program, Gillette therapists can help. Each of our therapists is a developmental expert who understands the effects of disabilities on a patient's growth and maturation.

First, we assess a child's strengths and areas of need. Afterward, we create personalized therapy plans. We collaborate with primary-care physicians, community providers and other specialists on such plans. We develop benchmarks to evaluate a child's progress.

Goal-Directed Therapy

At our Maple Grove Clinic, we offer goal-directed therapy. We work with children who aren't meeting developmental markers or who have difficulty taking part in common activities. For example, we might help younger children learn to walk, talk and eat efficiently. We might teach older children how to dress themselves, climb stairs or improve their handwriting. Our therapists work with patients and families to prioritize objectives, improve specific skills and maximize abilities.

Rehabilitation Therapies

We offer physical, occupational, and speech and language therapies at our Maple Grove Clinic. Such therapies are available to children and teens who have conditions that include:

- Brachial plexus injuries
- Brain injuries (traumatic and acquired)
- Cerebral palsy
- Chronic or complex pain
- Cleft lip and/or palate and other craniofacial anomalies
- Delayed development



Dana Overhake, a speech and language pathologist, works with 5-year-old Mikayla on articulation, helping her to speak more clearly.

- Epilepsy (seizure disorders)
- Juvenile arthritis
- Limb-length discrepancies (acquired and congenital)
- Muscular dystrophy and other neuromuscular conditions
- Musculoskeletal conditions
- Orthopaedic conditions
- Spina bifida
- Spinal cord injuries
- Torticollis

Physical Therapy

Our physical therapists help patients improve their gross-motor (large-muscle) skills, strength, balance and coordination. After assessing a child's mobility and adaptive-equipment needs, we might recommend power or manual wheelchairs, walkers, or standers.

Occupational Therapy

Our occupational therapists help children improve their functional skills — including skills for independent living — and their arm and hand movement. We evaluate adaptive-equipment needs, provide standard splints and orthoses, and evaluate and treat children who have feeding difficulties.

Speech and Language Therapy

Our speech and language pathologists assess and treat speech, language and swallowing problems. We also assess patients' needs for alternative and augmentative communication devices.

Therapy Spaces

At our Maple Grove Clinic, we have several specialty therapy spaces. Each is outfitted to help children meet specific goals.

Therapy Gym

To help children improve walking and other skills, our therapy gym has hard and soft floor surfaces, exercise machines, and therapy tools and toys. The gymnasium features a functional electrical stimulation (FES) cycle. The cycle stimulates nerves that make muscles contract.

A physical therapist places electrodes on the skin of the buttocks and thighs. A mild electrical current to the electrodes causes the leg muscles to move the pedals of the FES cycle. The bike offers patients a way to exercise paralyzed limbs, thereby reversing the effects of muscle atrophy and providing vital cardiovascular benefits.

Therapy Pool

Therapy in water makes movement easier for some children, helping them gain strength and improve muscle control. Our Maple Grove patients have access to a warm-water therapy pool in the clinic building.

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.

Assistive Technology

Patients at our Maple Grove Clinic have access to a full range of assistive-technology services. Our orthotists, prosthetists and seating specialists design, build and adjust:

- Adaptive equipment
- Prostheses (artificial limbs)
- Customized orthoses
- Wheelchair seating (braces)

We also modify protective headgear, power-wheelchair controls, and mounts that attach communication devices to a wheelchair. We teach clients, families, caregivers, teachers, employers and others how to operate assistive-technology equipment and assess equipment needed for home, school or work.

In addition, our Maple Grove Clinic offers services for patients diagnosed with deformational plagiocephaly (misshapen head). Such services include fittings and adjustments for the CranioCap® orthosis, a custom-made brace used for cranial remodeling.

Specialty Clinics

We offer various specialty clinics tailored to patients' specific conditions.

Augmentative and Alternative Communication Clinic

Our speech and language pathologists, occupational therapists and assistive-technology practitioners work together to provide alternative or augmentative communication systems for patients who otherwise are unable to communicate effectively. Communication systems empower people to become more independent at home, school and work.



Kristine Nolin, certified orthotist/prosthetist, fits 6-year-old Claire for ankle-foot orthoses. Claire wears braces to better position her feet.

Feeding Clinic

Our speech and language pathologists, occupational therapists and dietitians work together to evaluate children's feeding problems. Issues might include 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.

Seating Evaluation Clinic

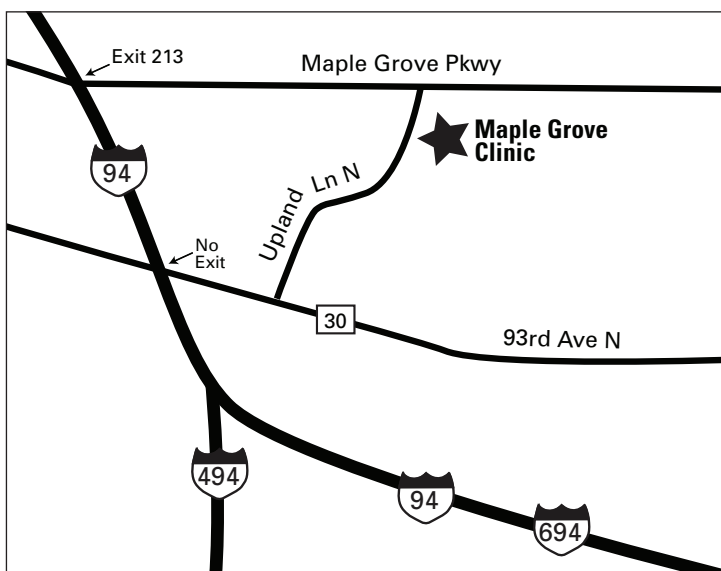
Our physical or occupational therapists work with our assistive-technology or seating specialists to assess patients' equipment and other needs. Seating and mobility evaluations help ensure that patients' wheelchairs and other pieces of adaptive equipment are comfortable and useful.

Appointments and Referrals

Physicians, therapists, parents and others may refer patients to Gillette's Maple Grove Clinic. For an appointment or to learn more about Gillette, call 651-290-8707 or 800-719-4040 (toll-free).

Our Location

Gillette's Maple Grove Clinic is located in the Grove Health medical office building at 9550 Upland Lane North. The clinic is just off Interstate 94 at the Maple Grove Parkway exit.



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 Ave. E.
St. Paul, MN 55101
651-291-2848
800-719-4040 (toll-free)

Maple Grove Clinic
9550 Upland Ln. N.
Maple Grove, MN 55369
763-496-6000
888-218-0642 (toll-free)

Burnsville Clinic
305 E. Nicollet Blvd.
Burnsville, MN 55337
952-223-3400
866-881-7386 (toll-free)

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

Duluth Clinic
Lakewalk Center
1420 London Rd.
Duluth, MN 55805
218-728-6160
800-903-7111 (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
435 Phalen Blvd.
St. Paul, MN 55130
651-636-9443
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