

Ability Pediatric Therapy

130 Main Street
Clermont, GA 30527
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Intensive Therapy Program

Why Intensive?



The intensive program at Ability follows the Therasuit Method, with certified therapists and equipment. This program is designed to achieve maximal results by “training” your child like an athlete with targeted intervention. This program and it’s equipment was developed by two Polish Physical Therapists. They had a daughter born with severe spastic quadriplegia and tried every known method of intervention without seeing the results they wanted for her. So they began to look at the approach

to therapy differently and created the Therasuit Method Program, and began implementing it with their own child with amazing success. They now perform and train other therapists through this approach across the world!

The frequency, duration, and intensity of this program was created based on scientific principles of neuronal pathways, muscle conversion, metabolic function, and reflex integration approaches. By addressing these areas in an intensive session, with individualized and highly specific protocols per child, it is shown that clients can make more significant gains across a 3 week time span than in a 6 month (or longer) duration following a traditional therapy model.

Who is it for?

Spastic Cerebral Palsy

Ataxia

Athetosis

Hypertonia and Hypotonia

Post-Stroke (CVA)

Traumatic Brain Injury

Sensory-Processing Disorder

Autism Spectrum Disorder

Down Syndrome and other genetic disorders

Developmental Delay



Precautions

There are precautions and contraindications to the use of the suit, and modification to our intensive therapy session can be made to ensure safety. Caution is taken when using the suit on children with the following conditions:

Heart conditions, High blood pressure, Uncontrolled seizures, Hydrocephalus (VP shunt), Hip Subluxation less than 50%, Diabetes, Kidney Problems, Recent surgeries, Osteoporosis/osteopenia, Scoliosis

CONTRAINDICATIONS FOR THE SUIT

Hip subluxation greater than 50%, Severe scoliosis, Recent Selective Dorsal Rhizotomy (unless medical clearance is obtained by the neurosurgeon)

Children under the age of 2 ½ years may be able to wear the vest and shorts portion of the TheraSuit. Children who are very small and the suit is not appropriate can still benefit from the intensive component of the therapy program.

Benefits

Retrains the central nervous system

Provides proprioceptive input (pressure from the joints, ligaments and muscles) which improves body awareness

Improves sensory processing

Improves muscle tone

Improves strength through resistance

Provides stabilization and supports weak muscles

Improves posture

Improves endurance

Reduces uncontrolled movements in ataxia and athetosis

Improves balance and coordination

Facilitates proper movement patterns

Improves gait pattern

OUR PROGRAM

Our program takes a multidisciplinary approach, involving both OT and PT professions within the program time. Clients receive 1.5 hours of treatment of each discipline per day. Speech Therapy is offered as an additional service 1-2 times per week if desired in addition to the program hours.

Therasuit

The TheraSuit is a soft, proprioceptive, dynamic orthotic consisting of a cap, vest, shorts, knee pads, and shoe attachments that are connected to each other through a system of elastic bands. These bands allow the therapist to adjust for alignments and provide consistent muscle loading/proprioceptive input to the body for neuromuscular reeducation.



Universal Exercise Unit (UEU)

The UEU is an open metal cage equipped with pulleys, weights, straps, and elastic cords. This dynamic system allows us to isolate and strengthen desired muscle groups and improve specific, functional movement patterns. The UEU, which is commonly referred to as the “Spider Cage”, uses a belt and bungee cords to provide dynamic assistance to maintain an upright position. The spider cage can allow a child to stand without a therapist’s assistance while allowing freedom of movement and facilitating balance. It is useful for learning to transition between positions, to acquire the weight-shifts needed for functional movement, and to improve proprioception and arousal with jumping.



Parent Involvement

We believe that a strong factor for success in this program is compliance at home as well as during the sessions. Parents/Clients are strongly encouraged to follow strict nutritional and health guidelines, just as an athlete would in training.

- Follow a bedtime schedule and receive 8-10 hours of sleep per night
- No eating at least an hour before bedtime (to aid in better digestion and improved sleep)
- Attempt to limit food/supplement/ OTC items that contain
 - Dairy
 - Gluten
 - Added Sugar
 - Artificial Ingredients
 - Ibuprofen/Non steroidal anti inflammatories
- Include:
 - Vitamin Supplementation (multi-vitamin, fish oil, etc)
 - Whole Foods
 - Frequent healthy snacks
 - Alkaline foods
 - Turmeric or other homeopathic pain relief

Clients in the intensive program will be burning a substantial amount of energy. They will be re-fueled with snacks every 30-45 minutes that are provided by parents. Your child will have greater success with this program and their bodies will respond with strength when provided with adequate and appropriate nutrition. Nervous systems thrive in an alkaline environment. If you need assistance with choosing optimal snacks, feel free to consult with your therapy team or a nutritionist, based on your child's needs.

WHAT TO BRING

- Have your child arrive on time or a few minutes early
- Bring a water bottle and 2-3 healthy snacks
- Tennis shoes and any bracing your child currently uses

AFTER INTENSIVE

- This program runs for 3 weeks. On the final day of the program, we ask that parents be present to go over progress and be trained on a Home Exercise Program (HEP). Program completion often results in a decreased need for traditional therapy. However, what is needed post-intensive varies case to case. You may wish for your child to continue with weekly sessions to aid in maintenance, or your child may be able to take a break from therapy altogether. Either way, it is imperative that clients follow through with their HEP so as not to lose the progress gained during the intensive. If warranted, intensives can be repeated in 3 months. This will all be discussed with clients and their families at the termination of the program.

FURTHER INFORMATION

- www.suittherapy.com