

## EXERCISE THERAPY

### What

Exercise Therapy (ET) uses neuro-reeducation, gait training, strength-building, and other physical activities to help clients enhance function, remediate or prevent impairment, and optimize overall health. It is highly repetitive and intensive, encouraging neuroplasticity.

### Who

Exercise Therapists at PB all have bachelor's degrees in exercise science or kinesiology, as well as specialized certifications in training protocols and inclusive exercise therapies.

### How

Starting with a targeted, client-specific intake, each client works 1:1 with an Exercise Therapist to determine their own goals and milestones that focus on maximizing day-to-day function and increasing independence.

### When

Session frequency is determined by multiple factors including goals, scheduling, and financial considerations.

## COMMUNITY

### Resource Library

Extensive Online resource center available 24/7, providing links and contacts for a variety of topics. Categories include Financial Support, Legal Resources, Equipment, Education, Transportation, and Support Groups. [www.pushing-boundaries.org/community-resources](http://www.pushing-boundaries.org/community-resources).

### Family & Caregiver Support

Tabled during COVID-19, watch for more resources coming soon as community safety allows.

## EQUIPMENT

### Lokomat

The Lokomat is a robotic gait-training device that can be fully customized to each client's needs. Whether a client has tetraplegia or ipsilateral paralysis with dropped foot, the Lokomat helps train gait-patterning and improves muscle strength.

### FES RTI Bikes

These devices are one of the most used in the facility. Using Functional Electrical Stimulation, they produce muscle contractions that help prevent atrophy, increase blood flow, and aid in muscle-reeducation, and can be used in both lower and upper extremities.

### Amadeo

The Amadeo pairs magnetic contact points with interactive games to focus on finger and hand strength and dexterity. This highly customizable device can be adjusted to provide levels of resistance and assistance unique to each client.

### Galileo

With a focus on decreasing spasm and releasing tone, the Galileo uses varying levels of vibration to support muscle health.

### Standing Frames

Supporting our goal to get everyone 'up and moving', these units provide necessary support and allow clients to participate in a wider variety of exercises.

### Standard Exercise Equipment

Our Exercise Therapists employ a wide variety of traditional exercise when implementing client programs. Sometimes used 'as intended', and sometimes used more creatively, these tried-and-true tools help achieve results!

## CLIENTS

- Spinal Cord Injury (SCI)
- Traumatic Brain Injury (TBI)
- Stroke
- Multiple Sclerosis (MS)
- Parkinson's Disease
- Cerebral Palsy (CP)
- Lyme's Disease (LD)
- Spina Bifida
- Spinal Stenosis
- ...and more

## FAQs

### Have you worked with someone with my injury/diagnosis?

Our team has worked with a variety of diagnoses, conditions, injuries, and circumstances. Although we do occasionally encounter a client with a 'new-to-us' diagnosis, the symptoms that come with that diagnosis are not new.

### How much do your services cost?

Our Initial Intake and Exercise Therapy sessions are \$100/hour. A Lokomat hour is \$110.

### Do you bill insurance for your services?

No. Because Exercise Therapy is not recognized as healthcare (yet!), we are not allowed to submit bills to insurance companies. Some clients have had luck when they self-submit, we are legally unable to participate in that process.

### Do I need a referral or prescription?

No. The benefit of not being recognized by insurance is that our programs are 100% client-driven. All that is required is a Medical Clearance for participation.

## NEXT STEPS

### Paperwork

Our New Client Paperwork is downloadable on our website. Your Health History, Medical Clearance, and (when appropriate) Bone Density Scan are required before your initial evaluation; the rest can be brought to your first appointment..

### Intake

Once those initial pieces are in, we'll schedule your intake appointment. Here you'll work with an Exercise Therapist to collect some initial data, assess your physical state, and determine your first goals.

### Schedule

We'll work together to determine a schedule that's right for you!