



TheraSuit® and the TheraSuit Method® Summary

TheraSuit® and the TheraSuit Method® is an Intensive Physical Therapy Program, offered for 3-4 hours per day, 5 days a week for 3 weeks. This program will utilize The TheraSuit Method®, a holistic approach to treatment for those with neurological disorders like Cerebral Palsy, Developmental Delays, and Traumatic Brain Injuries. The key element of this method is an intensive strengthening program established for the participant based on his individual needs, strengths and weaknesses. TheraSuit Method® is based on an intensive and specific exercise program aimed at the elimination of pathological reflexes and establishing new, correct, and functional patterns of movements. This intensive program is essential to provide consistency of therapeutic intervention and increased repetition of exercises necessary for significant muscle and neurological retraining.

TheraSuit Method® utilizes various tools and exercises, including the TheraSuit® and Universal Exercise Unit. The TheraSuit® is a breathable, soft dynamic orthotic used to improve and change proprioception, reduce pathological reflexes, restore physiological muscle synergies and load the entire body with weight similar to a reaction of our muscles to the gravitational forces. Universal Exercise Unit is used to train and isolate desired patterns of movement to specifically strengthen the muscle groups responsible for that movement. Universal Exercise Unit works to improve range of motion, muscle strength and joint flexibility, as well as functional skills. This program is provided on a one-on-one basis with our licensed, TheraSuit® certified physical therapists. After completion of the intensive program, a complete, individualized home program will be provided with detailed education to the patient and parent.

For entry into the program, our licensed, TheraSuit® certified physical therapists must screen, evaluate, and recommend the patient for inclusion in the program. The following is a list of indications, contraindications and precautions for entry to the program. In addition, the child must have clearance from his or her physician.

Indications:

- Cerebral Palsy
- Developmental delays
- Traumatic Brain Injury
- Post stroke (CVA)
- Ataxia
- Athetosis
- Spasticity (increased muscle tone)
- Hypotonia (low muscle tone)
- Hypertonia (high muscle tone)
- Other neurological disorders and syndromes (Spina Bifida, Down Syndrome)

Contraindications:

- Progressive genetic or metabolic disorders
- Hip subluxation greater than 50%
- Severe scoliosis
- Fixed joint contractures (lower extremities and hip)
- Severe osteopenia/osteoporosis
- Joint degenerations (hip, spine, knee, foot)
- Uncontrolled seizures
- Uncontrolled blood pressure

Precautions:

- Heart conditions
- Uncontrolled seizure activities
- Recent surgery, strain/sprain
- Hip subluxation
- Hydrocephalus (VP shunt)
- Metabolic disorders
- Poor bone density
- Diabetes
- Hypertension
- Kidney problems

PLEASE NOTE: A child does NOT have to be a current patient at The Therapy Place to participate in TheraSuit Method at The Therapy Place. They may resume services with their regular PT/OT provider following completion of TheraSuit Method.

Please see our web site to learn more and to see videos of previous children who have participated in this innovative program: www.thetherapyplace.org.