

Intensive Physical Therapy

HRA is introducing intensive physical therapy for children with motor and neuromuscular needs.



2412 Greatstone Point, Lexington
(859) 224-4081

www.HornRichardson.com

Horn  Richardson
and Associates

What is Intensive Physical Therapy?

Intensive, one on one, individualized therapy by a licensed physical therapist.

What is the Frequency?

- 3 hours daily
- 5 days weekly
- Duration: 2-3 weeks

Tell Me About the Program

Warm-up with hot packs, massage, and stretching exercises and activities.

Suit Therapy: The TheraSuit™ is a soft, dynamic, proprioceptive orthosis made of soft material worn over the clothes. It is comprised of a vest, shorts, kneepads, shoe attachments, and a hat along with bungees/elastic cords.

Universal Exercise Unit, which includes:

- A system of pulleys and weights for strengthening and stretching muscles.
- The “spider” using belt and bungee cord attachments.

Purposes:

- Increase Strength/Stabilization
- Increase Balance
- Increase Coordination
- Improve Functional Skills
- Provide Sensory Input

Exercises and Treatment for Gait and Functional Activities

What Types of Changes Occur?

Preliminary studies are suggesting that intensive therapy may show the gains to improve functional skills that are achieved after 6 months of traditional physical therapy.

Where Can I Find Additional Information?

- www.HornRichardson.com
- www.SuitTherapy.com

HRA. A TheraSuit™ Center