

## Why an Intensive Therapy Program?

Children with special needs often require repetition of an activity multiple times before solidifying a skill or movement into their typical day. Though the majority of children will progress with the typical model of therapy of one time per week, progress is often slow. An hour of therapy time is not often adequate to address all the areas of limitations that a child may present with. The hour must be broken down into time spent on strengthening, balance activities, endurance activities and functional skills.

By participating in an intensive therapy program your child benefits from the high level of repetition and time that is allotted in all areas of concern. We have several different Intensive Programs at the Center. They range from 1-2 hours per day, 5 days per week for 1-6 weeks.

Parents/caregivers are strongly encouraged to be present during their child's therapy sessions and actively participate in the session with their child. We believe in collaborating with and educating the caregivers on the necessary skills to help care for their child in order to continue the progress that it is attained during the Intensive Therapy Program.

Please call our office at 904.271.7500 or visit our website [www.wolfsonchildrens.com/rehab](http://www.wolfsonchildrens.com/rehab) for more information

## **Intensive Therapy Parent Checklist:**

Thank you for your interest in our Intensive therapy program! We are so glad that you are considering our program to meet your family and child's needs. We have created an application process to help get to know your child better as well as be sure that both you and your child are ready for this type of intervention. Below are the steps required for participation in this program:

1. Complete the Application form (TheraSuit®/Rhizotomy *or* CIMT) and sign the Treatment Agreement. Return both forms to us by mail or fax.

Mail: 400 Colonnade Dr.  
Jacksonville, FL 32081-0000

Fax: (904) 217.7515

2. Upon receiving the completed application, our therapist will contact you to review the information and determine, with you, if this program is a good fit for you and your child.

3. Our office will contact you to setup the initial assessment. Based upon the program that you are choosing, your child's assessment will either be an individual physical or occupation therapy appointment or a combined appointment with occupational therapy and physical therapy.

6. The therapists, in collaboration with you, will establish a plan of care with program placement, goals and treatment recommendations and set up your appointments.

8. We welcome you to stay with your child throughout all sessions. We have the option for you to observe the sessions as well, via our observation window.

10. If you have any questions or would like to speak with one of our team members, feel free to contact us at 904.271.7500. We look forward to seeing you soon.

## WHAT TO EXPECT

### What to bring:

- **The Basics-** Splints, Braces, AFOs, regular shoes that fit without AFOs, socks, extra diapers and clothes, cream for sore muscles, and a water bottle.
- **Snacks/Drinks-** Our clinic will have filtered water available. Please bring healthy snacks (such as yogurt, nuts, cheese sticks etc.) and beverages (water, Propel, Gatorade etc.) for your child each day as the program that your child will be participating in is intensive and your child will require extra rest, nutrition, and hydration during his/her 3- week session.
- **Daily Tools-** Any equipment you'd like to incorporate in the session. (walkers, wheelchairs, AAC Device, communication tools etc.)
- **Motivation-** Favorite toys, books, and electronic devices with shows or music can come in handy when therapy gets tough!
- **Rewards-** Let your child know they are doing fantastic by rewarding them with a prize for a job well done. We also have a treasure box available for the child to receive a small toy at the end of each week.

### What to wear:

- Think lightweight and comfortable. The ideal outfit to be worn during an intensive session is a lightweight t-shirt, long lightweight pants or leggings, and sneakers.
- Keep your child comfortable by avoiding baggy clothing, which tends to bunch up if they will be using the TheraSuit® and cage harnesses.
- Jeans and shorts should also be avoided.

### Things to Know Before Your First Intensive:

- **Water-** Stay hydrated by refilling your reusable water bottle, which is the only beverage allowed on the treatment floor.
- **This is really hard work-** We typically push through when your child protests. We promise it's okay. Our therapists give out cuddles freely.
- **Your child is going to be tired-** We recommend a gentle massage every evening and a bath with Epsom salts for sore muscles. Strike a balance between fun activities and scheduled downtime outside of therapy. Getting plenty of rest during an intensive is key.
- **Fuel up-** Your child will be burning calories! Stock up on energy and nutrition rich food to get the most out of your intensive.

### **Family Involvement:**

Do I stay with my child during therapy?

- Parents play a huge role in a successful intensive session and are strongly encouraged to participate during therapy.
- You are an essential part of the team. Having an extra set of hands for spotting and/or keeping your child motivated is so valuable to the success of the session.
- If needed, it is ok to step away now and then to take a break. Just make sure one adult is in the facility while your child is in therapy.

Can brother and sister come too?

For the safety reasons, we do not permit siblings into the intensive sessions.

### **Filming:**

- Home exercise program- During your intensive, your team of therapists may ask you to film exercises they would like you to continue after your three weeks. You will receive an individualized home program via e-mail or in the mail.
- Extra filming- If you would like to do any extra filming, the last few days of your intensive when your therapists are reviewing your home program would be a great time. We ask that you only film your child.

## **OUR INTENSIVES:**

### **Universal Exercise Unit and/or TheraSuit**

Our program is typically 2 hour sessions (OT for 1 hour & PT for 1 hour), 5 days per week for 3 weeks.

A unique feature of the intensive therapy program is that it includes time to thoroughly prepare the patient to exercise. In our program, this is completed by the occupational therapist along with practice of ADL's.

A typical session TheraSuit® Method includes:

- Activities of daily living
- Tone reduction and sensory integration techniques
- Stretching and strengthening exercises
- Balance, coordination and endurance training
- Transfers, functional activities and gait training
- Decreasing unwanted reflexes
- Teaching new and improved motor patterns through repetition and correct alignment

### **Rhizotomy**

Our program is 1-2 hour sessions, 3-5 days per week for 3 weeks. All services for this program are delivered by a physical therapist.

**A typical session includes:**

- Stretching and strengthening exercises
- Balance, coordination and endurance training
- Dynamic body-weight support training ( Zero G)
- Improving normal movement patterns in standing and walking
- Improving postural control
- Functional Electrical Stimulation

### **Modified CIMT**

Our program consists of 1 hour sessions, 5 days per week for 6 weeks. All services are for this program is delivered by an occupational therapist.

**A typical session includes:**

- Practicing grasp and release activities
- Improving active wrist movement
- Using both hands together
- Strength and endurance activities
- Activities of daily living

## **Trexo**

Our program consists of 1 hour sessions, 5 days per week for 1 week. All services for this program are delivered by a physical therapist.

### **A typical session includes:**

- Functional Stretching
- Strength Training
- Core workout
- Rhythm training
- Improving confidence and independence

## **CANCELLATION POLICY**

We provide a family centered approach in our therapy services. What this means is that together with you, we make up the team that will be providing the care for your child. Each intensive program takes time and commitment from all and we expect to have 100% attendance for the Episode of Care. If you need to cancel for illness please call let our office.

## **ILLNESS**

If your child becomes ill during a session and misses one to three days, we will do our best to make up the missed hours if possible. For the well-being of other patients and our therapists please be conscientious when your child is not feeling well. Please do not bring your child to therapy if they have the following:

- Any fever over 100 degrees
- Green or yellow runny nose
- Vomiting or diarrhea due to illness
- Breathing difficulty
- Coughing fits / coughing up mucous
- Any infectious illness such as a rash, impetigo, pink eye, chicken pox, etc.
- Ring worm

## **No Show**

Attendance is required. Missing two scheduled appointment without calling in advance to Cancel/re-schedule will result in immediate discharge and remaining appointments will be removed from the schedule.

## Things to do near Nocatee

### Beaches

**Mickler's Landing Beach:** Easygoing beach featuring a sandy expanse & access to swimming & surfing. Public parking and restrooms on site.

### Shopping

**St. John's Town Center:** The heart of shopping and dining in Jacksonville, Florida. The outdoor lifestyle mall is home to 175 of the hottest stores, many exclusive in the market, including Dillard's, Apple, Pottery Barn and Ann Taylor as well as shops in the palm-lined streets of the Luxury Collection such as Louis Vuitton, Tiffany & Co. and Mayors. As much a fashion-forward shopping hotspot as a dining destination, the diverse palate is represented with exciting options as The Cheesecake Factory, The Capital Grille and Cantina Laredo.

**Saint Augustine Premium Outlet Mall:** Outlet shopping with wide array of stores including Nike, Adidas, Saks Off Fifth, Polo Ralph Lauren Factory Store, Eddie Bauer Outlet and Vans Outlet.

**Sawgrass Village:** The "new town square" of Ponte Vedra Beach, with award-winning restaurants, unique boutique shopping, art galleries, home decor and service retailers

### Attractions

**Jacksonville Zoo and Gardens:** The only walking safari in Northeast Florida. Discover the earth's wildlife through interactive and educational experiences. Open: Monday- Friday 9 am – 5pm. Weekends & Holidays 9 am - 6 pm

#### Admission

Adults (13 to 64).....\$24.95

Seniors (65+).....\$22.95

Children (3 to 12).....\$19.95

Children (2 and under).....Free

**Adventure Landing:** Aquatic complex with additional land attractions including mini-golf, laser tag & go-karts. Admission prices vary based on activities. Open: Monday Friday 9am to 11pm. Weekends & Holidays 9am to 12 pm.

**Caddy Shack Ranch Wildlife Sanctuary:** A safe, loving and forever home to endangered big cats and to educate the public about their plight in the wild and in captivity. Tours begin at 1:00 PM and leave approximately every 30 minutes. Tours last about 45 minutes and you are encouraged to ask questions of the guide as he or she tells you about the animals. Following your tour, you are free to wander on your own as time allows and revisit the animals.

Admission \$12.00 adults, \$5.00 children (13-11 yrs), Under 2 yrs. Free



## **Hotels in the Nocatee Area**

### Hilton Garden Inn Jacksonville/Ponte Vedra Beach:

45 Pga Tour Blvd, Ponte Vedra Beach, FL 32082•(904) 280-1661

- Modern hotel with a gastropub, plus a library, fitness center & an outdoor pool.
- Distance to Nocatee: 10.9 miles

### Sawgrass Marriot Golf Resort and Spa/ Ponte Vedra Beach

1000 Pga Tour Blvd, Ponte Vedra Beach, FL 32082•(904) 285-7777

- Relaxed golf resort with a spa & pools, plus dining options & access to TPC Sawgrass golf course.
- Distance to Nocatee: 10.8 miles

### Hampton Inn and Suites/ Jacksonville South-Bartram Park

13950 Village Lake Cir, Jacksonville, FL 32258•(904) 268-6264

- Contemporary hotel featuring complimentary breakfast, plus a gym & an outdoor pool.
- Distance to Nocatee: 12.7 miles

### Courtyard by Marriot/ Jacksonville Flagler Center

14402 Old St Augustine Rd, Jacksonville, FL 32258•(904) 260-2027

- Modern 4-story hotel offering an outdoor pool, plus a business center & free WiFi.
- Distance to Nocatee: 11.2 miles

### Residence Inn by Marriot/Jacksonville South-Bartram Park

13942 Village Lake Cir, Jacksonville, FL 32258•(904) 440-0500

- Contemporary studios & suites in an upmarket hotel offering an outdoor pool, a gym & free breakfast.
- Distance to Nocatee: 12.6 miles

### Holiday Inn Express/ Jacksonville South-Bartram Park

13934 Village Lake Cir, Jacksonville, FL 32258•(904) 456-6276

- Newly built 4 story hotel offering an outdoor pool, complimentary breakfast, gym and free WiFi.
- Distance to Nocatee: 12.7 miles

### Quality Inn Outlet Mall/ St. Augustine

2310 State Road 16, St. Augustine, FL 32081•(904)823-8638

- Convenient to the St. Augustine Premium Outlets, Outdoor pool, complimentary breakfast, gym and free WiFi.
- Distance to Nocatee: 20.3 miles

**Restaurants in the Nocatee Area (There is a full café on site)**

For More Information visit: [www.nocatee.com/town-center](http://www.nocatee.com/town-center)

All of these restaurants are within 2 miles of the Center





## Transportation in the Nocatee Area

### Airports

Jacksonville International Airport

2400 Yankee Clipper Dr, PO Box 18018, Jacksonville, FL 32218 • (904) 741-4902

Directions to Nocatee: Via I-295 42 miles

Via 1 South 42.9 miles

**UBER:** Cost of Transportation from Ponte Vedra Beach Hotels: \$22.00

Cost of Transportation from Bartram Park Hotels: \$24.00

Cost of Transportation from JAX Airport \$43.00

There is no Public Transportation in the Nocatee Area