

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.

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 for more information.

Intensive Therapy Parent Information and FAQ:

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 intake 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:

Therasuit®/Rhizotomy /CIMT/Trexo

1. Complete the Intake form that can be found on our website (www.wolfsonchildrens.com/rehab) and sign the Treatment Agreement. You can send both forms to us by mail, email, fax or complete when you arrive to the clinic for your evaluation.

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

Fax: 904.217.7515

Email: NocRehabPeds@bmcjax.com

2. 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.

Please see pages 5-6 for measurements for the medium Trexo as well as the contraindications to using the Therasuit®



OUR PROGRAMS

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
- Teaching new and improved motor patterns through repetition and correct alignment

Contraindication: Children with a hip subluxation greater than 40 degrees will not be able to use the Therasuit® in their intensive sessions.

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



Modified CIMT

Our program consists of 1 hour sessions, 5 days per week for 6 weeks. All services 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 1-2 weeks. 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

At our clinic, we have the size medium Trexo that can accommodate most children ages 3-5.

Rifton Dynamic Pacer Gait trainer	Medium
Age Group (years) ***	3-5
Hip To Floor(cm)	40-56
Hip to Knee (cm)	17-27
Knee to Floor (cm)	18-32
Max Weight Limit	80 lbs

***Age groups are estimated based on the average height distribution or typically developing children.

If you are not interested in this as a separate Intensive, depending on your child's goals, we can incorporate the Trexo into the Universal exercise sessions.



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Zero G Gait and Balance System

The Zero G is a body -weight support system that protects patients from falls while providing a safe environment to practice walking, balance tasks, sit to stand transitions and even stairs. It is an overhead track system that allows for no barriers between the patient and therapist.

The Zero G is incorporated into the Intensive therapy sessions as appropriate.

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.



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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.
- We have a space where families and siblings can watch your child in the session.



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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.

MAKE-UPS

Make-ups will be scheduled only when the clinic is closed for Holiday or when the therapist is out. Days must be made up the week after the Intensive session.

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 appointments without calling in advance to Cancel/re-schedule will result in immediate discharge and remaining appointments will be removed from the schedule.