

TheraSuit® and the TheraSuit Method® Summary



TheraSuit® and the TheraSuit Method® is an Intensive Occupational Therapy Program, offered for 3-4 hours per day, 5 days a week for 3-4 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 their 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® utilises 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 occupational therapists. After completion of the intensive program, a complete, individualised home program will be provided with detailed education to the patient and parent.

For entry into the program, our licensed, TheraSuit® certified occupational 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 Paediatrician.

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:

- Hip subluxation greater than 50%
- Severe scoliosis
- Fixed joint contractures: in Lower Extremities or Hips

Precautions:

- Heart conditions
- Uncontrolled seizure activities
- Hip subluxation
- Hydrocephalus (VP shunt)
- Diabetes
- Kidney problems
- High blood pressure

Bright Start Therapy is a registered Better Start provider and clients can fund TheraSuit through this initiative. (Please see terms and conditions in our payment policy under Better Start Funding).

For non-funded clients, Bright Start Therapy bills directly to the family. The cost for a TheraSuit Intensive Block is \$6,000 for 45 hours of therapy, \$8000 for 60 hours of therapy (3hrs a day, 5 days a week for 3-4 weeks). If your child is cleared to participate in the program, there is a \$1,000 non-refundable deposit required to hold your child's spot on our TheraSuit schedule. Please understand that the \$1,000 deposit is required **before** we can put your child on our TheraSuit schedule. The remaining balance is required to be paid 1 week prior to the scheduled session start date. Please refer to the "Schedules, Payments, Refund, Cancellation Policies" for additional payment information.

If your child currently receives Speech, Physio and/or Occupational Therapy in our office on a weekly basis, those appointments will be put on hold until the end of the three week TheraSuit block due to the intensity of the TheraSuit Method®.

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

Please see our Facebook Page for photos and videos of clients who have participated in this innovative program or search "Therasuit method" on You Tube and follow all videos posted by TheraSuit providers around the globe.