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NEURO- REHABILITATION PROGRAM

Our aim is to provide high quality rehabilitation strategies designed to improve the Quality of life of persons with **Neurological Conditions**, such as;

- Stroke
- Head Injury
- Spinal Cord Injury
- Parkinson's Disease etc...

Neuro-rehabilitation is an ongoing process, thus we offer services to assist the patient and his/her family as they adjust and plan for the future.

THE PROGRAM IS DESIGNED TO:

- Help normalize movement patterns
- Improve bed mobility and transfers
- Improve tone and maximize energy efficiency with activity
- Retrain balance reactions in sitting and standing
- Encourage the return of activity in the hand and arm
- Re-education of functional walking
- Improve execution of activities of daily living

Clients are worked with on an individual basis until they achieve a level of competency which allows them to work in a group setting.



WORK HARDENING PROGRAMS

A highly structured, goal-oriented, individualized treatment program designed to maximize a person's ability to return to work. Work hardening uses work (real or simulated) as a treatment modality. This program is designed to restore maximum functional and work capacity through application of Job-related tasks to improve overall physical condition.

Each job task is broken down into individual parts and task related stimulating exercises are prescribed. Progressive strength, endurance, and coordination exercises specific to work activity are designed to improve the patient's tolerance for productive work and we also prescribe coping mechanisms to offset any lingering symptoms.

PHASE 1: 6 weeks - 8 weeks

- Pain and muscle spasm reduction
- Posture / Gait re-education
- Endurance and Flexibility training
- Body weight / Light weight strength training

PHASE 2: 8 weeks – 3 months

- Task Related Exercises
- Progressive Strength Training
- Progressive Endurance Training

PHASE 3: 3 months onwards

- Maintenance



DYNAMIC MOVEMENT PATTERNS WORKSHOP

Having proper postural alignment enables the body to perform movements quicker with less joint and muscular strain.

Our bodies compensate (often without obvious symptoms) until the adaptive capacities of tissues are exhausted and symptoms become apparent: pain, restriction, limitation of range of movement, etc.

This workshop looks at movement patterns versus individually moving parts. It is our intention to put motion back in movement to allow for less compensation during physical activities. This includes:

- Stability
- Balance
- Postural Control
- Coordination and Proprioception

OTHER PROGRAMS

- Physical Therapy
- Massage Therapy
- Aqua Therapy

ALL PROGRAMS REQUIRE:

- Referral Letter for Physical Therapy
- Medical Certificate indicating that the client is fit to exercise
- All Investigations/Blood work pertaining to the condition



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Body Dynamics
Wellness Center

MAXIMIZING YOUR HEALTH POTENTIAL!