

## **Training Course**

# **Pediatric Intensive Therapy; TheraSuit Method™**

### **OBJECTIVES:**

1. General understanding of the etiology, symptoms and available treatments for Cerebral Palsy.
2. Clinical presentation of the patient with Cerebral Palsy and neuro-motor disorders
3. Understanding of negative effects of hypokinesia; patho-physiological and morpho-functional changes secondary to lack of movement.
4. Physiology of exercises, how to design exercise program developing strength, endurance.
5. Learn about stretching of the patient with Central Nervous System injury.
6. Understand rationale behind intensive pediatric physical therapy approach.
7. Gain knowledge about TheraSuit and Universal Exercise Unit:
  - History
  - Construction
  - How it works
  - Indications/ Benefits
  - Precautions/Contraindications
  - Exercises
8. Obtain knowledge in safe and effective use and application of the TheraSuit and Universal Exercise Unit.
9. Therapists will be able to adjust tension of the TheraSuit connectors accordingly to the patient's clinical presentation and treatment goals.
10. Gain skills needed to design individualized intensive exercise program using TheraSuit and Universal Exercise Unit.
11. Analysis of clinical cases (video presentation).
12. Obtain clinical skills in using TheraSuit and Universal Exercise Unit – Hands-on practice on patients with Cerebral Palsy and other neuro-motor disorders.
13. Review of the current research, literature and articles about intensive therapy and Suit Therapy.

1. Printed hand outs: agenda, research articles
2. Computer video projection – theory, clinical cases, sample of exercises, movies
3. CD- Hand out: TheraSuit Manual,
4. CD Video – Exercises - Universal Exercise Unit Part I / II
5. Video – Universal Exercise Unit - Exercises