



# **PEDIATRIC INTENSIVE THERAPY**

TRAINING COURSE AGENDA

2006

THERASUIT  
UNIVERSAL EXERCISE UNIT  
INTENSIVE THERAPY

PRESENTER: IZABELA KOSCIELNY

10:00-10:15	Introduction
10:15-10:30	History of the TheraSuit
10:30-11:00	Indications/benefits Contraindications, Precautions
11:00-1:00	Practice
1:00-2:00	LUNCH BREAK
2:00-5:30	Practice Examples of exercises reducing high tone, promoting trunk control and stabilization
5:30-6:00	Questions, discussion



10:00-1:00 Hands-on practice

1:00-2:00 LUNCH BREAK

2:00-5:30 Hands-on practice

5:30-6:00 Questions, discussion



- 10:00-10:30 Introduction
- 10:30-11:30 Theory:  
Principle  
Goals  
Indications  
Contraindications  
Precautions  
Types of suspension
- 11:30-1:00 Demonstration and Practice
- 1:00-2:00 LUNCH BREAK
- 2:00-5:30 Practice
- 5:30-6:00 Questions



10:00-10:15 Introduction

10:15-1:00 Theory:

- Principle
- Goals
- Indications
- Contraindications
- Precautions
- Rules

Attachment of the cords in relation to:

- Strength/Stabilization
- Balance/coordination
- Functional skills/developmental milestones
- Weight bearing/weight shifting
- Sensory integration
- Correlation between strength, stabilization, balance and coordination

1:00-2:00 LUNCH BREAK

2:00-5:30 Practice  
Position of the patient during the exercises  
Developmental sequence

5:30-6:00 Questions, discussion



**European Approach to intensive pediatric physical therapy**

9:00- 12:30 Physiology of exercises

I. Deconditioning

- skeletal system
- cardio-vascular system
- respiratory system
- metabolism
- nervous system
- immune system
- endocrine system
- muscular system

II. Morpho-functional changes in muscular system after exercises

III. Adaptation

Supercompensation

IV. Mobilization of the nervous system

V. Fatigue

VI. Protocol for intensive exercise program

Hot pack

Massage

Universal Exercise Unit

Floor Exercises

TheraSuit

Functional skills

Gait training

Endurance training

VII. Diet/Metabolism

Sources of energy

Carbohydrates

Protein

Fat

VIII. Nutrition

Hypo and Hypervitaminosis

12:30-1:30 LUNCH BREAK

1:30-5:30 Demonstration and Practice

5:30-6:00 Questions, presentation of certificates of training.



## REFERENCES

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