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TheraSuit® Method

TheraSuit® Method is applied by the certified therapist. This method combines an individualized intensive strengthening program for children with Cerebral Palsy and neuro-motor or neuro-musculoskeletal disorders utilizing the Therasuit® and Universal Exercise Unite (UEU). The main purpose of this method is to maximize the effect of intensive stimulation of all body systems. To induce those changes (increase strength, endurance, improve function, etc.), there has to be applied a certain level of stimulation (call intensity). The level of stimulation has to be above threshold level. It means that the intensity of performed exercises has to be high enough to induce a physiological response from our body. If the inetnsity of the exercise session is too low, there will be no adaptive changes and no progress.

MAIN GOALS:

- Normalize the child's muscle tone
- Increase active range of motion
- Increase strength and endurance
- Control over newly strengthened muscle groups allowing children to improve their functional skills working toward independence

CLINICAL EFFECTS:

- Reduce the effects of abnormal pathological reflexes and stereotyped movement pattern.
- Increase active range of motion, muscle strength, and endurance.
- Increase graded movement control
- Control over newly strengthened muscle groups allowing children to improve their functional skills working toward independence
- Trains the disabled child's body to perform like that of a non disabled child
- Structured program that enhances the growth & development of the individual to increase transitions and functional activities (sitting up, crawling/creeping, standing up, and walking, etc.)
- Based on the principles of Intensive Therapy Program and Strength Training, standardized therapy approaches are less effective.