



Progress begins when you believe

OVERVIEW OF THE THERASUIT™
AND THE THERASUIT METHOD™

INTENSIVE PEDIATRIC EXERCISE PROGRAM
FOR CEREBRAL PALSY
AND NEURO-MOTOR DISORDER

HISTORY

- Space age invention that originated in Russia to counteract the negative effects (muscle atrophies, osteoporosis) that the astronauts experienced (lack of gravity) during their long trips in space
- In the 1990s the suit was used on children with neuromuscular disorders
- In 1997 the suit was introduced to American children
- In 2002 the Therasuit was designed and registered with the FDA
- In 2006 the Therasuit received United States Patent (U.S. patent 7,153,246)

THERASUIT

Therasuit is a soft, proprioceptive, dynamic orthosis consisting of a cap, vest, shorts, knee pads, & shoe attachments that are connected to each other through a system of elastic bands. It is a safe, effective tool that we use combined with Intensive Exercise Program to accelerate the child's progress.

- Improves proprioception
- Reduce pathological reflexes
- Restore proper patterns of movement & posture
- Corrects body alignment
- Influences vestibular system
- Stimulates the brain to re-train Central Nervous System
- Provides tactile and sensory stimulation
- Improves speech production and fluency
- Loads the body with gravity type pressures
- Accelerates the progress of newly learned movements and functional skills

INDICATIONS

- Children with Cerebral Palsy
- Stroke patients
- Traumatic brain injuries
- Spinal cord injuries
- Neuromuscular disorders

TYPICAL INTENSIVE EXERCISE PROGRAM

- 3-4 hours per day, 5 days a week, for 3-4 weeks
- First week: working on tone reduction, decreasing pathological movement patterns and increasing active proper movement patterns, & general muscle strengthening
- Second week: working on strengthening specific muscle groups responsible for the function
- Third week: using the increased strength and endurance to improve the child's level of function (crawling, sitting, and walking, etc.)

HOW IT WORKS

- Decreases pathological movement patterns
- Increases strength and endurance
- Increases muscle control & coordination
- Increases functional activities (crawling, sitting, and walking, etc.)

THERASUIT METHOD

Combines an individualized intensive strengthening program for children with Cerebral Palsy utilizing the Therasuit and Universal Exercise Unite (UEU).

Combats the effects of de-conditioning & immobilization

- Realizes that standardized therapy approaches are less effective
- Based on the principles of Intensive Therapy Program and Strength Training
- Trains the disabled child's body to perform like that of a non disabled child
- New approach in which the Physical Therapy field is learning the Health and Fitness field
- Structured program that enhances the growth & development of the individual

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

ABOUT THE THERASUIT LLC OWNERS - Richard and Izabela Koscielny

- Parents of 2 daughters, Kaya with Cerebral Palsy, and Maya.
- Both hold a Mater's degree as Physical Therapists from the Academy of Physical Education in Poland
- Both have over 17 years experience with the special needed pediatric population
- Both are certified Fitness Trainers
- Izabela is a Certified Yoga instructor for Special Children
- Richard is a Physical Education Trainer
- Both established Therasuit LLC Company in 2002
- In 2003, both created and published Cerebral Palsy Magazine
- In 2003, both established the Pediatric Fitness Center offering Intensive Exercise Program for individuals with Cerebral Palsy as well as a training/education center for therapist who want to adopt this method.

ABOUT THE GENIUS PHYSICAL THERAPY PLLC OWNER - Kevin Huang

- Hold a Master's degree as a Physical Therapist from New York University Developmental Disability Program.
- Established Genius Physical Therapy PLLC (Genius Pediatric Therapy Center) in 2006

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