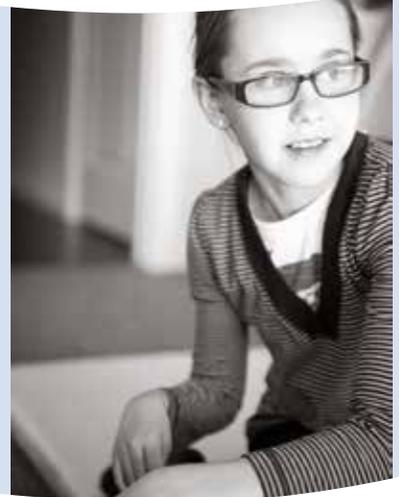




**Information Packet  
2013**



Letter from the Director:

Thank you for requesting information from the Now I Can Foundation, the only center of its kind in the Intermountain West to offer intensive physical therapy with the revolutionary NeuroSuit. We are pleased to combine the intensive model with our experienced and talented therapy team.

Enclosed please find information about our intensive therapy program. If you feel your child could benefit from the services at Now I Can, you can either contact us to schedule a screening, or you can simply book a session. Please contact us as soon as possible as space is limited and fills up quickly.

If you have any questions about scheduling or the information in this packet, please feel free to contact us!

**Now I Can Foundation**

1675 N Freedom Blvd #10b  
Provo, UT 84604  
Phone: 801- 228-1935  
Fax: 866-239-1420  
Email: [info@nowican.org](mailto:info@nowican.org)

Now I Can Foundation's mission is to help each individual reach their full potential and greatest level of independence. As a non-profit organization, we also offer donors the opportunity to make a difference in the life of an individual and their family by contributing to our Ability Fund. Through this generosity, financial aid from this Ability Fund is made available to families in financial need. Thus allowing all to have the incredible opportunity of the benefits of Now I Can.

All of us at Now I Can Foundation thank you, and we look forward to seeing you in our program!

Sincerely,

Michael Ririe  
Executive Director



## The Now I Can Physical Therapy Team

Now I Can's therapy team is a kind and compassionate group comprised of licensed physical therapists and physical therapist assistants. These individuals have training in NDT, PNF, Sensory Integration, Feeding and Swallowing Therapy, and have extensive experience with neurological disorders and brain injury.



**Mark Barney, DPT**



**Nacole Jackson, PTA**

## The Now I Can Supporting Staff

Now I Can's supporting staff includes licensed physical therapist assistants, clinic support staff, and many volunteer therapy aides. Our supporting physical therapist assistants substitute for our therapy team. Our clinic support staff help manage the clinic and support the therapy team. Our volunteer therapy aides come with passion to support the patients and help as requested by the therapists. All these individuals are passionate about the mission of Now I Can, and look for opportunities to help.



**Andrea Carruth,  
PTA**



**Betsy Jensen,  
PT**



**Mikel Ellsworth,  
PTA**



**Jordan Brown,  
PTA**



**Michael Ririe  
Executive Director**



**Kallene Chatterton  
Office Manager**

*“While therapy is a long and hard road for most families with special needs children, miracles both large and small happen at Now I Can every day.”*



## Intensive Therapy

Now I Can's intensive therapy program consists of four hours a day of therapy designed to treat the whole body. Most Now I Can intensive sessions are five days a week for three weeks. The child's therapy schedule and activities are personalized to meet his or her individual needs. What makes our program so effective is the time we spend with your child to target their needs and enhance their strengths, and the unique tools and methods we incorporate.

Great results are seen through utilizing NDT (Neuromuscular Developmental Treatment), PNF (Proprioceptive Neuromuscular Facilitation), stretching, strengthening, repetitive exercises, kinesiotape, the NeuroSuit and its methodologies, and the Universal Exercise Unit.

Our caring team is dedicated to creating and carrying out a personalized therapy program that will produce results! During most of the therapy session there will be two therapists/technicians working with your child. This attention ratio makes therapy at Now I Can even more effective.



## NeuroSuit Therapy

The NeuroSuit, designed by an occupational therapist from the United States, incorporates thick elastic bands which correctly align the body. The individual is then put through exercises to experience "normalized" movements and gait patterns. This retrains the brain and simultaneously strengthens the appropriate muscles through the placement and resistance of the bands. The intensive training our therapists have received gives us the ability to know where to place the bands, which order to train the muscles, and the amount of resistance needed.

### The NeuroSuit:

- ★ Improves and changes proprioception (pressure from the joints, ligaments, muscles)
- ★ Reduces patient's pathological reflexes
- ★ Restores physiological muscle synergies (proper patterns of movement)
- ★ Loads the entire body (anti-musculature) with weight (similar to our muscles responding to gravitational forces).

All of the above affects normalize afferent vestibulo-proprioceptive input (information arrives to vestibular system). The vestibular system is tremendously important be-



cause it processes, integrates and sends back all the information that arrives from the muscles, joints, tendons etc. It influences muscle tone, balance and position of the body in space.

The more correct the proprioception from the joints, ligaments, muscles, and tendons, the better the body's alignment. This cycle can be interrupted and new and correct information can replace incorrect information. To do this, a patient diagnosed with cerebral palsy, or other neuromotor disorder, requires hundreds of repetitions of any particular movement.

A baby that is trying to push-off the floor will need to repeat this movement a few hundred times in order to master it. Another baby may need either more or less repetitions to learn the same skill. For the person with a neuromotor disability the number of repetitions grows to thousands in order to learn and master new skills.

The NeuroSuit™ and its methodologies can help correct proprioception and accelerate the progress the child is able to make. Because of the NeuroSuit™ and the intensive physical therapy schedule, the skills practiced will require less and less effort.



#### **Indications for NeuroSuit Use:**

- ★ Cerebral Palsy
- ★ Developmental Delays
- ★ Traumatic Brain Injury
- ★ Post Stroke (CVA)
- ★ Ataxia and Athetosis
- ★ Spasticity (increased muscle tone)
- ★ Hypotonia (low muscle tone) and Hypertonia

#### **NeuroSuit Benefits:**

- ★ Retrains central nervous system
- ★ Provides external stabilization
- ★ Normalizes muscle tone
- ★ Aligns the body and normalizes gait pattern
- ★ Provides dynamic correction
- ★ Provides tactile stimulation
- ★ Influences vestibular system
- ★ Improves balance and coordination
- ★ Decreases uncontrolled movement in ataxia and athetosis
- ★ Improves body and spatial awareness
- ★ Supports weak muscles
- ★ Provides resistance to strong muscles to further enhance strengthening
- ★ Improves speech through head control and trunk support

- ★ Promotes development of both fine and gross motor skills
- ★ Improves bone density
- ★ Helps to decrease contractions
- ★ Vertical loading over the hip joint improves hip alignment
- ★ Restores ontogenic development

### Contraindications and Precautions of Suit Use:

- ★ Hip subluxation greater than 30%
- ★ Severe scoliosis

### Precautions

- ★ Heart conditions
- ★ Uncontrolled seizure activities
- ★ Hip subluxation less than 30%
- ★ Hydrocephalus (VP shunt)
- ★ Diabetes
- ★ Kidney problems
- ★ High blood pressure

Persons with any precaution conditions listed above will need extra medical clearance to attend an intensive session. Please ask for details.

## Universal Exercise Unit

This unit is known as the “monkey cage” and the “spider cage.” The “monkey cage” uses a system of pulleys to isolate muscle groups and allow for strengthening without allowing other muscle groups to over-compensate. The “spider cage” is a system of bungee cords which allows each individual to experience more independent movements; weight-bearing and shifting, and assisted movements--such as sit-to-stand, quadruped, squats, and even jumping. The therapist guides the child through exercises to strengthen muscles and allows the child to experience precise and controlled movements.



*“Now I Can’s therapy team is a kind and compassionate group comprised of licensed physical therapists, physical therapist assistants and therapy aides.”*



## 2013 Therapy Schedule

Now I Can offers sixteen intensive therapy sessions each year, with up to six patients during each session. An intensive therapy session is three weeks long. Please review the dates for the following sessions to determine which would best fit your schedule. Contact us when you are ready to reserve your session. A \$700 deposit is required to secure your reservation.

Due to the complexity of the fitting of the NeuroSuit, therapy plans for patients scheduled for less than a four-hour intensive therapy session will not utilize the suit. Other factors may make certain patients a poor candidate for the suit.

Session #1	January 7 - January 25
#2	January 28 - February 15
#3	February 18 - March 8
#4	March 11 - March 29
#5	April 1 - April 19
#6	April 22 - May 10
#7	May 13 - May 31
#8a	June 3 - June 21 (3 week session)
#8b	June 3 - June 28 (4 week session)
#9	July 1 - July 19
#10	July 22 - August 9
#11	August 12 - August 30
#12	September 3 - September 20
#13	September 23 - October 11
#14	October 14 - November 1
#15	November 4 - November 22
#16	December 2 - December 20

## Other Available Therapies

### Feeding and Swallowing Therapy

Many patients with neuro-muscular disorders need to train the myriad of muscles involved with chewing and swallowing. Our team is trained in this area and would love to help. Contact us if you would like more information on other available therapies.



## Now I Can Session Policies

Please read through our policies for deposits, payments and insurance, and cancellations.

### Deposits

A \$700.00 deposit is required to schedule the particular intensive session you would like your child to attend.

### Payments and Insurance

Now I Can Foundation is partnered with many insurance providers. If you have an insurance provider, we will work with you to develop an estimate as to how much your insurance will pay. The balance beyond what you receive from insurance or therapy grants is the estimated patient responsibility. You will need to pay half of this estimate on the first day of your session, and the remaining half on the last day. Should your insurance cover less than estimated, you will be responsible for the full balance. Likewise, if your insurance covers more than estimated, you will be refunded the balance.



We accept personal checks and major credit cards for payment. Payment may be made securely online at [www.nowican.org](http://www.nowican.org) or by contacting us directly.

### Pre-Session Cancellations

After a deposit and full or partial payment has been received, if you need to cancel your reserved session, the monies will be credited to your account for one calendar year for any available session without penalty. If the cancellation is due to illness, please provide documentation from the child's physician.

If you need to cancel a reserved spot in a session after a deposit and/or full or partial payment has been received—due to the following reasons—a full refund will be made within 90 days. Proper documentation will need to be submitted in order to process your refund. Reasons for refundable cancellations of therapy are:

- ★ Child does not meet the criteria to participate in our intensive program
- ★ Physician will not authorize participation in the program due to medical reasons.

### Mid-Session Cancellations

If you/your child become ill during a session and is unable to finish the entire session, we will work with you to have the child “make up” days missed, as schedule permits.

For all other cancellations, please let us know as soon as possible. There will be a \$40 fee for appointments cancelled less than 24 hours in advance.

## Helpful Information

### Items to bring:

- ★ Water or other drink (in a re-closable bottle)
- ★ A Snack
- ★ Assistive devices currently used for regular mobility (Wheelchair, Walker, Crutches, etc.)
- ★ Any assistive device you would like to improve/learn to use
- ★ Socks (for the suit)
- ★ Long pants which are easy to move in (for the suit)
- ★ A Shirt with a Sleeve (Sleeveless tops are not comfortable in the suit or monkey cage)
- ★ Shorts that are easy to move in (for the prep/stretching)
- ★ An extra change of clothes (just in case)
- ★ Extra diapers if needed



### Snack

During your child's time in the stander they will be able to have a snack. Please bring any favorites your child would like to eat during this time. Now I Can has some snack items available to purchase if you wish. Think healthy and lots of calories as they will be expending a lot of energy!



### Music

We like to incorporate music at Now I Can, so if you have favorite music you'd like to bring that will motivate and energize your child, feel free.

### Patient Accompanying Party

Please plan to have only one person max at a time from your family in the therapy gym (besides the patient). Extra siblings, friends, grandparents, etc. are a distraction and disrupt the therapy experience. We want you to get the most from your time at Now I Can!

### Family Room

Now I Can has a family room adjacent to each gym where you can use a laptop, watch TV, and siblings can rest and play.

*“Now I Can wants to help your child reach physical capabilities that allow them to say, ‘Now I Can!’ ”*

