



Welcome to NextStep Atlanta Paralysis Recovery Center! We are the Next Step after acute care.

We know if you have inquired into our program, you or a loved one have been through a very difficult life changing event. We are so sorry for what you have been through, but we believe you are an overcomer and we look forward to helping you work toward your recovery goals! We are here to help you live life to the fullest as you become healthier, stronger and gain your independence back.

Our program at NextStep Atlanta is an intense activity-based therapy program which we believe is the best program available for optimum recovery after paralysis. Our staff consists of specialists with bachelor's degrees in Exercise Science, Exercise Physiology or Kinesiology, as well as a Neurological Doctor of Physical Therapy. Our staff has also undergone highly specialized paralysis recovery training through the NeuroRecovery Network of The Christopher and Dana Reeve Foundation under Dr. Susan Harkema's research guidelines. Our program is standardized and research backed.

**Activity Based Therapy (ABT)** is an individually designed exercise program aimed to improve function, independence and mobility through skill acquisition. The program involves repetitive, task-specific activities all performed out of the wheelchair. At NextStep we offer a variety of programs and our staff will recommend the best program for you after completing your evaluation. There is always a very specific reason for why we do what we do and the appropriate program we recommend, the goal being to move you to the next phase in your recovery.

Programs Offered:

**\*Guided Exercise: Program** consists of 1-on-1 or 2-on-1 training with our certified activity-based therapists. Our trainers will work with you to promote functional recovery and improved

health through various activities which stimulate the nervous system and strengthen the neuromuscular connection.

Guided exercise sessions are one –two hours long, and clients have the ability to choose the number of days per week per our availability. Price: \$125 per hour

**\*Neuromuscular Electrical Stimulation (NMES):** Provides high pulse width, task specific stimulation to generate a motor output while increasing the central state of excitability in the spinal cord. Tasks are performed with and without stimulation to transfer the improved neuromuscular capacity into the home and community environment.

NMES sessions require two sessions a week for an hour and a half each. Price: \$185 per 1 ½ hour session.

**\*Treadmill Gait Training:** A body weight support system, harness, and trainer assistance allow clients to repetitively work on stepping and standing on a treadmill. This program aims to excite a client's central pattern generators (a part of the spinal cord largely responsible for walking patterns) to promote recovery. The client then participates in an over-ground portion where they work on specific lagging factors and areas of weakness.

Gait-Training sessions require two sessions a week for an hour and a half each. Price: \$225 per 1 ½ hour session

## **Enrollment process:**

**1). Complete our New Client Application:** There is a Medical Statement and Liability Waiver for you to complete and mail/email back to us, and a Doctor Consent Form for your Physician to complete and fax to us (all paperwork completed by your doctor should be faxed and not emailed). Also included with the application is a letter for your physician requesting he/she order a bone density scan which we require for anyone who is not walking daily. The only exception is for those who are less than 6 months post injury when they start our program, or if they are under 18 years of age.

**2). Once we receive ALL paperwork back from you and your doctor (including your bone density scan):** we will call you to schedule your 2-hour evaluation which is \$250 due at the time of service. After your evaluation, our Client Services Manager will review our membership contract and rates, and will schedule your future sessions should you enroll.

Please don't hesitate to contact us if you have any questions or should need any help with the application process. Thank you again for reaching out to us. We look forward to getting started!!

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