



Pediatric Therapy Specialists

## **POST-HEMISPHERECTOMY OUTPATIENT PHYSICAL REHABILITATION PROGRAM**

The Post-Hemispherectomy Outpatient Physical Rehabilitation Program at South Coast Therapy is an intense, two-week program that focuses on the physical challenges faced by a child following hemispherectomy surgery. South Coast Therapy will evaluate and provide individualized therapy with emphasis on improving overall function by addressing gait, balance, strength, flexibility, upper extremity movement and bilateral coordination. This program is modeled after the intensive mobility training protocol established by Dr. Stella de Bode, Chief Science Officer and Director of Research and Rehabilitation for The Brain Recovery Project.

### **Therapy Description**

Intensive Mobility Training: Intensive Mobility Training (IMT) is a rehabilitative practice aimed at improving gait, balance, and mobility that incorporates task-specific motor skills training where there is little or no rest between sessions (“massed practice”). While traditional physical therapy protocols provide therapy for an hour or less per day with several days between sessions, participants in IMT engage in three to five hours of therapy per day over multiple, consecutive days (two weeks). This is an intense but feasible intervention for persons with chronic neurological conditions, who have functional limitations in gait, balance, and mobility issues that are not uncommon following hemispherectomy surgery.

Body-weight supported treadmill-based locomotor training is provided during the first hour of each daily session using a body weight support system with a treadmill to decrease demands of balance and to focus on developing optimal movement strategies for walking. The second and third hours of each daily session are focused on improving balance, coordination, and strength activities that are individually designed to meet each client’s functional needs, desires and goals. Bilateral coordination and training to improve upper extremity function is incorporated as it relates to functional tasks and gross motor activities.

Modified Intensive Upper Extremity Training with emphasis on bimanual skills. Two hours of upper extremity functional training and bilateral coordination with emphasis on addressing activities of daily living are offered daily for ten days. Each session is individually designed to improve shoulder mobility, strength and motor control with appropriate progression of activities promoting precision hand grasp and functional tasks. Activities include gross motor activities of the shoulder and manipulative games for wrist and finger function. This program emphasizes functional, bilateral manual tasks, designed to assist each child in learning to use their affected limb, gain more strength, control and flexibility.

Regardless if you choose the Intensive Mobility Training (IMT) to improve mobility and safety or IMT plus the upper extremity training, South Coast Therapy’s program consists of ten days of intensive service, three to five treatment hours per day with ten-minute breaks occurring every

11105 Knott Avenue, Suite A, Cypress, California, 90630  
Phone 714/893-7399, Fax 714/893-7389  
E mail [sctped@cox.net](mailto:sctped@cox.net), [www.southcoasttherapyinc.com](http://www.southcoasttherapyinc.com)

hour. Families are encouraged to participate in the therapy sessions to foster ongoing collaboration and provide education and functional activities for home practice. Other adjunctive interventions may be incorporated into individual sessions as determined through the evaluation and treatment process, including neurodevelopmental treatment, sensory integration, kinesiotape and electrical stimulation.

### **Participant Guidelines**

- 1) Child must be able to ambulate (walk) or bear weight on legs
- 2) Physician's prescription which includes the following:
  - a) Outpatient physical therapy program for evaluation and intensive mobility training including gait, balance, strength, and range of motion for three hours per day for ten days.
  - b) If the upper extremity program is desired in addition to the intensive mobility training, the prescription must be for five hours per day for ten days.
  - c) Detailed description of diagnosis (i.e. cerebral palsy including spastic hemiparesis) and surgical history;

All prescriptions **MUST** be provided at least one month prior to commencing program. Please do not hesitate to contact South Coast Therapy if your child falls outside of the guidelines listed and you desire your child to participate in the program. We will work with each family on an individual basis to help determine if their child may be a candidate for this program.

### **Pricing**

Option 1: Evaluations (before and after sessions), design of individualized program based on client goals, intensive mobility training protocol for gait, balance, strength, and flexibility; modified intensive upper extremity training; design of a home exercise program. (Evaluation + five hours of therapy a day over 10 days)

**\$4050.00**

Option 2: Evaluations (before and after sessions), design of individualized program based on client goals and intensive mobility training with focus on extensive mobility training for gait, balance, strength, and flexibility only with some bilateral upper extremity coordination as it relates to gross motor activities and functional tasks (evaluation + three hours of therapy a day over 10 days)

**\$2550.00**

### **Payment/Insurance**

Cash, personal check, money order, cashier's check and credit card (Visa & MasterCard) are accepted as payment. Full payment is required at the first visit unless other insurance and payment options have been approved prior to therapy.