

## **THERASUIT METHOD**

Combines an individualized intensive strengthening program for children with Cerebral Palsy utilizing the TheraSuit and Universal Exercise Unit.

- Combats the effects of deconditioning & immobilization
- Realizes that standardized therapy approaches are less effective
- Based on the principles of Intensive Therapy and Strength Training
- Trains the disabled child's body like that of a non disabled child
- New approach in which the Physical Therapy field is learning from 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 towards independence

## **ABOUT THE THERASUIT LLC OWNERS - Richard and Izabela Koscielny**

- Parents of 2 daughters, Kaya 19-year-old with CP, and Maya 10-year-old
- Both hold a Master's degree as Physical Therapists from the Academy of Physical Education in Poland
- Both have over 19 years experience with the special needs 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, which sells their TheraSuit, Universal Exercise Unit as well as other special needs equipment.
- In 2003 both created and published Cerebral Palsy Magazine
- In 2003 both established the Pediatric Fitness Center offering Intensive Exercise Programs for individuals with Cerebral Palsy as well as a training/education center for therapists who want to adopt this method.
- In 2004 helped to establish American Association of Intensive Pediatric Physical Therapy.
- Members of the American Academy of Cerebral Palsy And Developmental Medicine
- Members of the American College of Sport Medicine

## **CONTACT**

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## **OVERVIEW OF THE THERASUIT®**

## **AND THE THERASUIT METHOD®**

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

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## **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, patented and registered with the FDA
- Since 2002 the TheraSuit received many certificates and awards: European Innovation - RehaCare, Germany, Safe for Children - Poland, CE - European Union, International patent protection (PCT)
- U.S. Patent US 7,153,246, International Patent PCT/US2008/051458

## **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 our intensive exercise program to accelerate the child's progress.

- Improves proprioception
- Reduce pathological reflexes
- Restore proper patterns of movement & posture
- Provides external stabilization and supports weak muscles
- 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 & 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 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 (sitting, crawling, walking)

## **HOW IT WORKS**

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