

What is Euro-Pēds®?

Children and young adults with **cerebral palsy** (CP) and other **neuromuscular disorders** receive intensive physical therapy at the Euro-Pēds® clinic in order to achieve maximum improvement in minimal time. Since 1999, children with **all levels of involvement** have been treated at Euro-Pēds®, the world's first and only hospital-based program of its kind. Euro-Pēds® is located at Doctors' Hospital of Michigan. The **intensive and individualized** therapy programs offered at Euro-Pēds® center on stretching, manual therapy, strengthening, balance, coordination, functional activities, and gait training.

Therapy programs that focus on the child's abilities and foster progress and change are based on a variety of established treatment methods and techniques. They **bridge the best European and American techniques**, including but not limited to PNF (Proprioceptive Neuromuscular Facilitation), NDT (Neurodevelopmental treatment), strength training, and sensory integration.

Innovative equipment options, including the patented Euro-Pēds® Therapy Suit and The Universal Exercise Unit (UEU), help the children excel even further.



“...Emily is already showing better balance and confidence and more inclination to walk on her own. She's still crawling, too, but it's been surreal for me to sit and watch her, on her own volition, walking across a room or down a hallway to get something...”

“... It's also really wonderful spending time and exchanging info with other families who are on the same journey. What's particularly cool is that because of all the progress Emily has made, she is giving some of the other families hope about what intensive PT might do for their kids...”

~ Amy Kavanaugh of New Jersey, Mother of Euro-Peds patient, Emily, during Emily's 4th intensive PT session.



Taking Children and Young Adults with Cerebral Palsy & Other Neuromuscular Disorders to the Next Step

EXPERIENCED

- Euro-Pēds® opened in 1999 as the premier intensive physical therapy program in North America
- Patients of all levels of involvement have learned to roll, sit, crawl and walk as therapy teams work towards maximum improvement in minimal time
- Intensive pediatric physical therapists at Euro-Pēds® are some of the most experienced in North America

REPUTABLE

- Accredited Hospital-based clinic
- Access to on-site physicians and other medical services if needed
- Licensed PTs and licensed PTAs trained & supervised on-site
- Research-based therapies bridge the best European and American techniques
- Focus on education and collaboration for optimal therapeutic progress
- Insurance accepted
- Financial assistance available through Euro-Peds Treatment Scholarships.

Phone: 248-857-6776 Fax: (248) 857-7102
e-mail: europeds@dhofm.com
www.europeds.org

SPECIALIZED

- Treatment of children and young adults with pediatric disorders
- Therapy program inspired by European methods and concepts of intensity
- Includes use of the Universal Exercise Unit and patented Euro-Pēds® Therapy Suit

INDIVIDUALIZED

- Treatment plans are individualized to address specific therapeutic goals
- Sessions in duration of 2, 3, or 4-weeks available (up to 20 hours per week), depending on the child's needs and abilities
- Customized Home Exercise Program (HEP) at the end of every session provided to parents/caregivers to foster continued progress after discharge



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461 W. Huron St., 4th Floor, Suite 406, Pontiac, MI 48341

WHY EURO-PĒDS®?

- Since Euro-Pēds® was the first intensive PT clinic outside of Europe, our therapists have become recognized as some of the most **experienced** intensive pediatric therapists in North America
- Licensed physical therapists, licensed physical therapist assistants, and aides work together as a team to provide **individualized** treatment
- Therapists are supervised and trained in the **European tools** (Suit Therapy and Universal Exercise Unit) and intensive methods on-site at the Euro-Pēds® facility
- **Open Communication** between the child's other medical professionals/caregivers and Euro-Pēds® therapists is encouraged to ensure optimal progress before, during and after the intensive PT sessions
- Equipment and additional therapy are often recommended for the child's **continued progress** (orthotics, gait trainers, therapeutic garments, etc.)
- **Pet Therapy**, when appropriate, is available on-site to provide further support and encouragement
- **Hospital-based** program allows access to on-site physicians and other medical services if needed.



HOW TO APPLY

1. Fill out our online application found at www.europeds.org or call (248) 857-6776 to request a mailed application.
2. Euro-Pēds® will contact you to review the program, scheduling process, and to verify the costs and/or your insurance benefits.

EURO-PĒDS SCHOLARSHIP PROGRAM

While about 70% of the families are able to use their medical insurance, the optional Suit Therapy program is not typically covered. To help with these expenses, we have established the Euro-Pēds® Scholarship program to assist families with their out-of-pocket therapy costs. You may apply for a scholarship by downloading the online application at www.europeds.org > **HowToApply** > **ScholarshipApplication** or by requesting a scholarship application to be mailed to you by calling (248) 857-6776.

FUNDRAISING

If fundraising is required for families who are underinsured or uninsured, Euro-Pēds® can assist with ideas and publicity. Please contact the Communications Coordinator at (248) 857-6979.

For those families relying upon the generosity of corporate or private donations towards their children's therapy costs, you may establish a Euro-Pēds® Named Account. The donations will be held securely and privately in their named account until you need them. Please contact the Euro-Pēds® Director for setting up or donating to a named account by calling (248) 857-6776.

SUIT THERAPY

The Euro-Pēds® Therapy Suit* is made of a comfortable soft cloth and a series of bungee-like rubber cords. The therapy suit is worn over a child's clothing, enabling the child to **practice and learn functional activities while in better alignment**. Suit Therapy helps position the body as close to normal in both static and dynamic positions and also works with the **vestibular and sensory systems of the body**, which are integral in helping the brain learn new movement skills.

The rubber cords on the suit provide **compression** to the body's joints helping to form connections between the muscles and the brain. Several studies have also indicated that suit therapy normalizes EEG signals**. The cords also provide **resistance** to muscles during movement, creating **strength** in otherwise underused muscles. These cords can be moved around and changed to address each child's specific therapeutic goals.



UNIVERSAL EXERCISE UNIT

The Universal Exercise Unit (UEU) is a specialized and versatile device that is used to assist children in functional activities, strengthening exercises, balance and vestibular training, and even as a reward for a hard day's work.

The cage is primarily used in the following three ways during therapy:

1. **Extra Support** – a special belt on the child allows the therapists to connect them to the UEU with adjustable bungee cords. The cords provide the child with security and increased independence while allowing their therapist to work on various activities (sitting, kneeling and standing balance and many strengthening exercises and functional activities).
2. **Muscle Isolation** – by placing a table in the cage, therapists are able to help a child isolate certain muscles with the help of adjustable pulleys and weights. Isolation helps the child accomplish movements that they may never have been able to complete. In addition, the cage is useful to stretch larger children and young adults.
3. **Sensory Integration** – by suspending the child in the cage, therapists are able to work on vestibular stimulation, proprioception and sensory integration dysfunction.

*The Euro-Pēds® Therapy Suit is patented. Because of the complexity of the Euro-Pēds® Therapy Suit and the potential complications it could cause, Euro-Pēds® believes that only trained professionals should provide suit therapy. Therefore, Euro-Pēds® does not sell their suit or promote its use in the home.

**Semenova KA: Basis for a Method of Dynamic Proprioceptive Correction in the Restorative Treatment of Patients with Residual Stage Infantile CP. Neurosci Behav Phys 27(6): 639-43, 1997.

**Sheinkman OG: The Influence of the Correction of Motor disorders on the Functional Status of the Brain in Infantile CP. Zh Nevrol Psikhiatr Im S S Korsakova 100(3):28-32, 2000.



EDUCATION & HOME EXERCISE PROGRAM

During therapy, many children learn to sit up by themselves, roll over, crawl and even walk independently, but Euro-Pēds® Intensive Therapy doesn't end when they leave the clinic. Every family is armed with an **individualized Home Exercise Program upon discharge** from each session which allows many of the children to continue to use and perfect their new skills, maintaining their progress and integrating the skills they've learned into their daily lives.

The customized and detailed **home exercise program** features **either videos or printed digital pictures** of their child performing the exercises with **written instructions** on how to continue progress after discharge. For optimal follow-through at home, therapists spend time with parents demonstrating and practicing these activities to promote the continuation of progress.

RESEARCH SUPPORTING INTENSIVE PT

The Euro-Pēds® Intensive Pediatric Physical Therapy Program is based on established East European and American concepts, practices and research. After Euro-Pēds® opened in 1999, a pilot study was completed using the Gross Motor Function Measure (GMFM) on the effectiveness of the Euro-Pēds® program. The results have shown that children receiving Euro-Pēds® therapy have made definite functional improvements after two

weeks of intensive therapy combined with Suit Therapy. Results indicated increases in individual patient GMFM scores with a mean of 7.26 percent and a range of up to 13 percent. The increase in function of children with cerebral palsy allows for a greater degree of independence.*

* The Use of Suit Therapy in Childhood Cerebral Palsy, a Pilot Study. Raouf Seifeldin, MD; Colleen Noble, MD; Angela Jackson, MPT; Justin Northrup, MPT; (North Oakland Medical Centers, 461 West Huron Street, Suite 406, Pontiac, MI 48341, USA)



Other Notable Studies That Support Elements of the Euro-Pēds® Program Include:

Tsolakis N Et Al: Effect of Intensive Neurodevelopmental Treatment in Gross Motor Function of Children with Cerebral Palsy. Dev. Med Child Neurol 46:740-745, 2004

Trahan J and Malouin F: Intermittent Intensive Physiotherapy In children With CP: A Pilot Study. Dev Med Child Neurol Apr; 44(4): 233-9, 2002

Shvarkov SB Et Al: New Approaches to The Rehabilitation of Patients With Neurological Movement Defects. Neurosci Behav Phys 27(6): 644-7, 1997

Semenova KA: Basis For A Method Of Dynamic Proprioceptive Correction In The Restorative Treatment of Patients With Residual Stage Infantile CP. Neurosci Behav Phys 27(6): 639-43, 1997

