

## 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 in 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 which focus on the child's abilities and foster progress and change are based on a variety of established treatment methods and techniques that **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 Euro-Pēds® Therapy Suit (patent-pending) and The Universal Exercise Unit (UEU), help the children excel even further.

“...This clinic has been our greatest gift!!

My son, Matthew, has been coming to Euro-Pēds® since he was 7 years old. We will be visiting for the 7th time this March...We stay for a 2-week treatment each time. I wish you could understand how valuable this treatment has been for Matthew. There's no way to put it into words...just how Euro-Pēds® has changed Matthew's life...When Matthew was born, his 2-pound, premature body was not supposed to make it another hour. Miraculously, he did live to see the next day, and then another...We were told he'd never walk or talk because of the severe brain damage sustained during a hemorrhage on his second day of life. We've since visited those doctors with a show-and-tell session. They were astonished!! And we gave complete credit to the Euro-Pēds® clinic for Matthew's ability to transfer, stand and walk!...”

~ Jill McQuaid, Ohio, Mother of Matthew McQuaid



## For Treating Children and Young Adults with Cerebral Palsy & Other Neuromuscular Disorders

### 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

### SPECIALIZED

- Treatment of children and young adults with pediatric disorders
- Therapy program based on European methods and concepts of intensity
- Includes use of the Universal Exercise Unit and Euro-Pēds® Therapy Suit (Patent Pending)

### INDIVIDUALIZED

- Treatment plans are individualized to address specific therapeutic goals
- Sessions in duration of 2, 3, or 4-weeks available, 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

### REPUTABLE

- Hospital-based clinic
- Access to on-site physicians and other medical services if needed
- Compassionate therapists 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 the North Oakland Foundation, an independent 501(c)3 tax-exempt organization

Phone: 248-857-6776 Fax: (248) 857-7102  
e-mail: [europeds@dhofm.com](mailto:europeds@dhofm.com)  
[www.europeds.org](http://www.europeds.org)



Ph: 248-857-6776 [www.europeds.org](http://www.europeds.org) Email: [europeds@dhofm.com](mailto:europeds@dhofm.com)  
461 W. Huron St., 4th Floor, Suite 406, Pontiac, MI 48341

## STAFF & TRAINING

- As the first intensive PT clinic outside of Europe, Euro-Peds® therapists have become recognized as some of the most **experienced** intensive pediatric therapists in North America
- Licensed physical therapists, 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-Peds® facility
- Open Communication** between the child's other medical professionals/caregivers and Euro-Peds® therapists is encouraged to ensure optimal progress before, during and after the intensive PT sessions
- Equipment and additional therapy is recommended, when appropriate, 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:

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

### “ADOPT A EURO-KID” PROGRAM

While about 70% of the families are able to use their medical insurance, the optional Suit Therapy program is not typically covered. Those families relying upon the generosity of corporate or private donations towards the child's therapy costs may contact the **North Oakland Foundation** – an IRS recognized 501(c)3 charity – to discuss how the North Oakland Foundation's “Adopt a Euro-Kid” program can help their child.

Please call the North Oakland Foundation at (248) 857-7096 to find out how you can set up a named account for a child's therapy at Euro-Peds®.

If fundraising is required for families without insurance, suit therapy, and/or travel expenses, Euro-Peds® can assist with ideas and publicizing the fundraising event or activity in your local area.

## SUIT THERAPY

The Euro-Peds® 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-Peds® Therapy Suit is patent-pending. Because of the complexity of the Euro-Peds® Therapy Suit and the potential complications it could cause, Euro-Peds® believes that only trained professionals should provide suit therapy. Therefore, Euro-Peds® 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 OC: 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-Peds® 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 **printed digital pictures** of their child performing the exercises and **written instructions** on how to continue therapy 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-Peds® Intensive Pediatric Physical Therapy Program is based on established East European and American concepts, practices and research. After Euro-Peds® opened in 1999, a pilot study was completed using the Gross Motor Function Measure (GMFM) on the effectiveness of the Euro-Peds® program. The results have shown that children receiving Euro-Peds® 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-Peds® 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

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