

Typical Treatment Session

Each session consists of the following, as appropriate:

Preparation Phase - The first part of treatment is a preparation period. This consists of warming up the muscles through hot packs and massage followed by stretching and strengthening the muscles so that they are ready for the second part of therapy.

- **Moist Hot-Packs** - 10-15 minutes of application to areas of tight musculature.
- **Therapeutic Massage** - 15-20 minutes to prepare muscles for stretching and strengthening.
- **Stretching and Range of Motion** - 30-60 minutes of stretching, passive range of motion (PROM), active-assisted range of motion (AAROM), active range of motion (AROM) and/or resisted range of motion (RROM) to prepare for strengthening and functional activities.
- **Strengthening Exercises** - Focus on weak muscle groups, often utilizes the Universal Exercise Unit (UEU).
- **Manual Therapy** - Consists of soft tissue and/or joint mobilizations to increase range of motion and prepare the body for movement/exercise.
- **Sensory Integration** - Consists of manual techniques.

Secondary Phase - In the second phase of therapy, a number of activities are practiced which include balance, coordination and functional activities such as head control, rolling, sitting, crawling, and walking.

- **Balance and Coordination** - These skills are essential in order to maintain different positions as well as to be able to move through different positions independently.
- **Functional Activities Training** - Includes activities such as rolling, crawling, kneeling, transfers, standing, stair climbing, etc.
- **Gait Training** - With and without assistive devices.
- **SUIT Therapy (if eligible per physician)** - Euro-Pēds was the first program in the U.S. to offer Suit Therapy for strengthening, balance and functional activities. Suit Therapy increases proprioceptive awareness and positions the child in a more ideal alignment during these activities.
- **Universal Exercise Unit (UEU)** - Another treatment first offered in the U.S. by Euro-Pēds.

Also available at Euro-Pēds:

- **Home Exercise Program** - Detailed written home exercise program with digital pictures of the child. Videos available upon request.
- **Referrals Available for Orthotic, Occupational, and Speech Therapy**
- **Medical Consultation**