

## Conditions that Benefit from Intensive Therapy

- Cerebral Palsy
- Post Stroke (CVA)
- Down Syndrome
- Sensory Integration Disturbances
- Vestibular Disorder
- Ataxia
- Athetosis
- Spasticity
- Hypotonia
- Developmental Delays
- Traumatic Brain Injury
- Parkinson's Disease
- Lower Back Pain

Now I Can seeks to be a resource for parents and families by partnering with other organizations that serve special needs children-- like *Hoofbeats for Healing*, *the National Abilities Center*, and *the Wasatch Front Cerebral Palsy Foundation*. Look for upcoming parent education and networking functions sponsored by Now I Can and these organizations.

To learn more about the benefits of these therapies and to watch a video demonstrating them, please visit [www.nowican.org](http://www.nowican.org). Or call today to schedule a free tour of the **Now I Can Center** and pre-screening visit with our staff. 801-885-7624.

*"Helping people reach for a stronger future!"*



*Tara, Mom of NIC participant: "He has grown by leaps and bounds and I haven't found that anywhere else!"*



Now I Can Center for Intensive Therapy  
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Introducing a new option in Pediatric and Adult Physical Therapy!

In addition to traditional physical therapy,

Now I Can specializes in:

**Intensive Model of Therapy**—

4 hr/day, 5 days a week, for 3 to 4 weeks.

**Constraint Induced Movement Therapy**—

for hemiplegic or stroke patients

**Suit Therapy**—corrects alignment and aids

re-patterning of brain pathways

**Hyperbaric Oxygen Treatments**

[www.nowican.org](http://www.nowican.org)

Now I Can is the only center in the Intermountain West to offer these services. Our staff has years of



experience in physical therapy, and specialized training in the NeuroSuit, and European strengthening "cage therapy". To insure that each patient receives the most effective care possible, there are always at least two team members working with each patient. This further enables our staff to help the patient learn proper body alignment and movement patterns and also stay focused and motivated!

## Suit Therapy

Now I Can works with an orthotic suit called the NeuroSuit. The benefits of working in the NeuroSuit are:

- Corrects body alignment
- Reduces pathological reflexes
- Accelerates learning of new movement and skills
- Stimulates the brain to retrain the Central Nervous System
- Teaches proper movement and posture
- Improves proprioception



## Spider Cage

The spider cage has 2-10 bungees that provide support and resistance to the patient so the therapist can help work on functional skills, such as standing, tall kneel, half kneel, weight transferring, squats and step-ups.



## Now I Can Intensive Program

Now I Can values each individual's potential and progress. We love to hear patients exclaim "I can do it now!" with each step of their improvement. Now I Can focuses on massage, stretching, balance, coordination, and functional skills that will allow patients to be more independent and confident. Now I Can also provides each patient with a detailed Home Exercise Program to help them continue their progress.



## The Universal Cage ("Monkey Cage")

The cage provides isolation and strengthening of specific muscle groups through ropes, pulleys and weights. The cage is also an excellent place for controlled isolated stretching. Many children also "fly" in the cage by being suspended. This increases their awareness in space and helps them use different muscle groups.





Now I Can Foundation is a non-profit organization dedicated to helping disabled children and adults achieve their greatest potential.

The therapy team at *Now I Can* will assess each patient individually to decide which treatments will best benefit the individual.

Some of the treatments offered include:

- NDT (Neuro-Developmental Treatment)
- PNF (Proprioceptive Neuromuscular Facilitation)
- Kinesiotaping Method®
- The Neurosuit with the intensive model of therapy
- HBOT (Hyperbaric Oxygen Therapy)

***Now I Can Foundation***  
***Physical Therapy***  
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## **HBOT**

(Hyperbaric  
Oxygen Therapy)

HBOT or Hyperbaric Oxygen Therapy is a specialized treatment that uses increased atmospheric pressure to allow the body to incorporate more oxygen into blood cells, blood plasma, cerebral-spinal fluid, and other body fluids. The body normally transports oxygen via the hemoglobin of the red blood cells. By increasing the air pressure, oxygen is driven into the body's fluids, allowing a super-saturation of tissues and organs with oxygen. The increased pressure infuses the body with oxygen, even reaching injuries with damaged circulation. HBOT is moving to the forefront as one of the most successful therapies for many medical conditions, especially in the area of brain injuries which involve anoxia.

Now I Can's therapy team works with Dr. Joseph Humpherys NMD of Healing Solutions pediatric centers to provide HBOT technology to our patients. Dr. Humphreys will decide if HBOT is appropriate for the patient. Our team is trained in the use of the HBOT chamber and is able to provide this service in the *Now I Can* clinic.

*"HBOT promotes growth of new blood vessels, decreases swelling and inflammation, deactivates toxins, increases the body's ability to fight infections, clears out toxins and metabolic waste products and improves the rate of health"*



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## Kinesiotape

Before K-Tape



After K-tape



The Kinesiotaping method® was developed by Dr. Kenzo Kase over 25 years ago in Japan for enhancing and relaxing muscles by taping over and around them. Depending on the techniques used by the skilled therapy team at *Now I Can*, this tape can be used to give support to low tone or injured muscles or prevent over-contraction of high tone muscles to relax them. It can also be used to encourage correct positioning of a body segment or prevent compensatory strategies by enhancing muscles which need to contract more and inhibiting muscles which need to contract less. It can also be used to increase lymph flow to decrease excess fluids in the tissues.

This tape allows a person to still have their full range of motion while allowing muscles to perform better. This tape is expected to be left on for 3-5 days at a time and can be left on for bathing, swimming and other activities.

Note: Kinesiotape® is hypoallergenic. However, the skin should still be checked periodically for possible reactions to any tape.



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## Neurosuit

And the intensive model of therapy

The Neurosuit is an orthotic device consisting of a hat, vest, shorts, elbow pads, gloves, knee pads and shoes which are designed to control body segments and facilitate body movements. The suit incorporates hooks and bungees to produce a variety of neurophysiological effects.

The suit provides proper body alignment, correction of deformities, facilitation of correct movement patterns, and increased muscular contraction through resistance provided by the tension of the bungee cords. The benefits of the suit include increased muscle strengthening, increased proprioception, normalized postural reflexes, decrease of stereotypical movement and increased reciprocal innervations to naturally improve body alignment, improved muscle usage and increased postural control.

At *Now I Can* our therapy team will choose the components of the suit which best fit the level and condition of the individual. The bungee cords will be customized each session to achieve the greatest results possible.

Due to the time required to apply the suit, it will be reserved only for those who are participating in sessions over 2 hours.



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## **PNF**

(Proprioceptive  
Neuromuscular Facilitation)

PNF or Proprioceptive Neuro-muscular Facilitation is a hands-on therapeutic exercise method which has been proven to produce great results and benefits in the management of neuromuscular and orthopedic conditions.

This method was developed in The Rehabilitation Institute in Vallejo, California by physical therapists Margaret Knott and Dorothy Voss and Dr. Herman Kabat during the 1940's and 1950's.

This method uses a variety of techniques directed to promote normal patterns of movement and functional activities through stimulation and facilitation of the proprioceptive centers within the joints, muscles and tendons that allow the body to have awareness of the external environment.

According to the patient needs and physical condition and through a detailed evaluation the therapy team at *Now I Can* will design a therapeutic plan to incorporate the most appropriate PNF techniques to decrease and/or increase tone, gain range of motion, improve coordination and improve control of neuromuscular function.

*"Repetition is the key to success"*  
~ Margaret Knott ~