

## **INTENSIVE CLINICAL THERAPY PROGRAMME**

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### **SAMPLE ONE WEEK PROGRAMME OUTLINE**

FTM Arm Training programme is designed to not only exercise the involved upper extremity, but to enhance motor recovery. The training programme is supervised by a licensed Occupational Therapist specializing in Neurological Rehabilitation who is a certified Saebo instructor. Each participant (maximum of 4 scheduled) will receive direct one on one treatment. The programme is 5 days long and lasts from 9am to 4pm daily. A sample 1-week programme outline follows:

#### **DAY 1**

Orientation and introduction to the programme and staff  
Initial evaluation from a therapy assistant including standardized clinical assessments for baseline data  
Participants fitted with SaeboFlex  
SaeboFlex training  
Motor control training  
Education in the correct and safe use of the SaeboGlide  
Develop customized SaeboGlide exercise programme  
Question & Answer (Q&A)/review  
Instruction for evening assignment

#### **DAY 2-4**

SaeboFlex training  
SaeboGlide exercise programme  
Motor control training  
Electrical stimulation (*when warranted*)  
Q&A/review  
Instruction for evening assignment

#### **DAY 5**

SaeboFlex training  
SaeboGlide exercise programme  
Motor control training  
Q&A/review  
Instruct on home programme  
Discharge Evaluation

### **3 DAY INTENSIVE THERAPY PROGRAMME**

This modified intensive therapy protocol was developed as a response to patients' request for a more flexible therapy programme. Participants have the opportunity to receive intensive therapy (focusing on arm training, motor control exercises, functional retraining), without having to lose many days of work or school. The programmes are run by licensed Occupational and Physical Therapists specializing in Neurological Rehabilitation who are certified Advanced Trained SaeboFlex clinicians and instructors. A maximum of 2 participants scheduled per 3day programme. Each participant receives direct one on one treatment. Treatment sessions also focus on utilizing the SaeboFlex to address affected lower extremity deficits when warranted.

### **REGISTRATION**

If you are interested in enrolling in the programmes please call us to reserve a spot at 0030 6937027316. You can also Email your screening form to us at [khorafas@saebo.com](mailto:khorafas@saebo.com) or [kathyh@hol.gr](mailto:kathyh@hol.gr)