



Innovative Therapies and Individualized Programs

Helping your child reach
their full potential



A photograph of a therapy session. A woman with blonde hair, wearing a grey t-shirt and dark leggings, is kneeling on a blue mat. She is smiling and gesturing with her hands towards a young boy. The boy, wearing glasses, a grey t-shirt, and black pants, is standing on a wooden balance beam. He is holding a small red and white object in his hands. Another woman, wearing a red t-shirt with 'CANADA' on it and blue gloves, is kneeling on the mat to the right, looking up at the boy. The floor is covered with blue and green mats. A white wall is in the background.

Table of Contents

| | |
|---|--------------|
| About NAPA Center | 1-4 |
| Intensive Therapy Programs | 5-7 |
| NeuroSuit | 8 |
| Dynamic Movement Intervention | 9-10 |
| SpiderCage | 11-12 |
| Additional Therapy Tools and Techniques | 13-14 |
| Developmental Feeding Services | 15-18 |
| Ongoing Weekly Therapies | 19-26 |
| NAPA Center Kidz Academy: Early Intervention | 27-28 |
| Join the NAPA Family/Contact Us | 29-32 |



About **NAPA**

The Neurological And Physical Abilitation Center was founded in 2008 by Lynette LaScala. Lynette envisioned an organization that would provide disabled individuals cutting edge treatments and therapies. As a mother of a child who experienced a near drowning accident, Lynette struggled to find quality therapies for her son Cody.

**Today, we have
eight locations to
reach more patients.**



Your journey begins here

Your child is unique with very specific needs. NAPA embraces these differences with an understanding that individualized programs work better. For this reason, no two treatment plans are alike. We work with you to incorporate our wide range of therapies into a customized program specific to your child's needs and your family's goals.

Why Choose NAPA?

NAPA offers innovative and state-of-the-art therapy tools and techniques within the framework of physical, occupational, and speech therapy sessions. We use every tool in our toolbox to help patients get the most out of a session.









Intensive Therapy Programs

Intensive **Model of Therapy**

The Intensive Model of Therapy (IMOT) is a therapeutic approach for treating children with cerebral palsy and other neurological disorders. NAPA utilizes the IMOT by treating patients 2-6 hours a day, five days a week, for three full weeks. The popularity of the IMOT is spreading throughout the US as patients, therapists, and doctors continue seeing outstanding results. NAPA therapists create a customized program for each patient that varies in time, duration, intensity, and tools used.

How it works:

We customize each program using the following tools, techniques, and practice frameworks.

What's in our toolbox?

Augmentative and Alternative Communication (AAC)

Dynamic Movement Intervention (DMI)

Neuromuscular Electrical Stimulation (NMES)

NeuroSuit

PROMPT

Relationship Based Feeding Approach

Sensory Integration (SI)

SpiderCage

Theratogs

VitalStim



Therapy Tool

NeuroSuit

The NeuroSuit frames the body providing support and resistance simultaneously. It facilitates proper movement and provides additional weight bearing distributed strategically throughout the body. Other benefits of this tool used in physical and occupational therapy include:

- Bringing the body into correct alignment
- Providing weight bearing through the use of bungee type bands attached to the suit
- Providing compression distributed throughout the body
- Increasing body awareness
- Providing proper resistance for every movement, which eventually increases strength
- Improving the formation of motor skills by creating new pathways to/from the brain
- Providing dynamic correction of movements, reinforcing proper movement during skills such as walking

Practice Framework

Dynamic Movement Intervention

9



What is DMI?

Dynamic Movement Intervention (DMI) is a comprehensive intervention that incorporates current research on neurorehabilitation, technologies, and methodologies.

This therapeutic technique is used by physical and occupational therapists to treat children with gross motor impairments by improving and/or provoking a desired action with great emphasis on alignment, sensory integration, and function. The goal is to promote progress toward developmental milestones.



Why We Love DMI

DMI expands and complements our intensive program due to its focus on clinical reasoning, current research, the whole child, and its multi-disciplinary/multi-modality approach. DMI allows our team to incorporate more techniques and tools into the framework of a session, but at the same time, allows us to customize each plan based on your child's needs and parents' goals.

Therapy Tool SpiderCage

11



What is SpiderCage?

The SpiderCage is a three-sided wire device that uses a belt and bungee cords to enable the patient to perform balance and strengthening exercises with proper positioning alignment.

Why We Love It

The SpiderCage assists the child in standing, without a therapist's assistance, while allowing freedom of movement and facilitating balance. Dynamic balance activities in the cage could include, transitioning from sitting to quadruped, quadruped to kneeling, and transition all the way to standing with the assistance of bungee cords attached to the patient from four angles.



Why do we call it the SpiderCage?

This equipment is referred to as the “SpiderCage” due to the eight bungees used to assist the patient.

More ways we can customize an intensive

Therapy Tool

Neuromuscular Electrical Stimulation (NMES)

NMES is a modality aimed at improving strength, coordination, endurance, sensory feedback, and timing in muscles used to promote improved motor control and strength in patients.

Using a device and small adhesive electrodes, electrical stimulation involves applying low level electrical impulses to targeted muscles causing them to contract. It is implemented during therapeutic activities to assist with promoting or restoring function in muscles that may be weak and/or uncoordinated, and to assist with decreasing spasticity.

Therapy Tool

Whole Body Vibration (WBV)

WBV is delivered via a mechanical vibrating platform. As the machine vibrates, it transmits energy to the individual standing, sitting, lying, or kneeling on the plate causing the muscles to contract and relax many times each second. Therapists use the Galileo vibration plate to address a variety of therapeutic goals including balance training, mobilization and stretching of tight muscles, spasticity reduction, and strength and coordination building.



Therapy Tool

TheraTogs

TheraTogs are an orthotic undergarment and strapping product recommended for children who may benefit from increased proprioception as well as improved postural alignment, stability, and/or prolonged muscle stretch to improve developmental and functional outcomes.

TheraTogs may be useful for kiddos with: hypotonia, ataxia, gait deviations, cerebral palsy, brain injury, ASD, postural alignment issues, athetosis, weakness and balance problems.

Practice Framework

Sensory Integration

An occupational therapist can help determine which treatments will best benefit the patient and devise a comprehensive treatment plan. Our SI program could include using tools like NeuroSuit or The Listening Program, alongside a sensory diet. We may also incorporate sensorimotor activities or social skills into the session.

Practice Framework
**Relationship
Based Feeding
Approach**

15



What feeding services do you offer?

We offer relationship-based developmental feeding services to address feeding issues. Our occupational and speech therapists take a comprehensive approach targeting muscular coordination, sensory processes, and social experiences associated with eating.

We also offer VitalStim for the treatment of dysphasia and swallowing difficulties, and in our three week Intensive Feeding Program, Mastering Mealtimes.



What is VitalStim?

VitalStim is a non-invasive, external electrical stimulation therapy that uses specifically designed electrodes applied to the muscles of the throat to promote proper swallowing. VitalStim Therapy is an effective treatment for patients suffering from difficulty swallowing or dysphagia.

Intensive Feeding Program

Mastering Mealtimes



How is Mastering Mealtimes different from weekly feeding therapy?

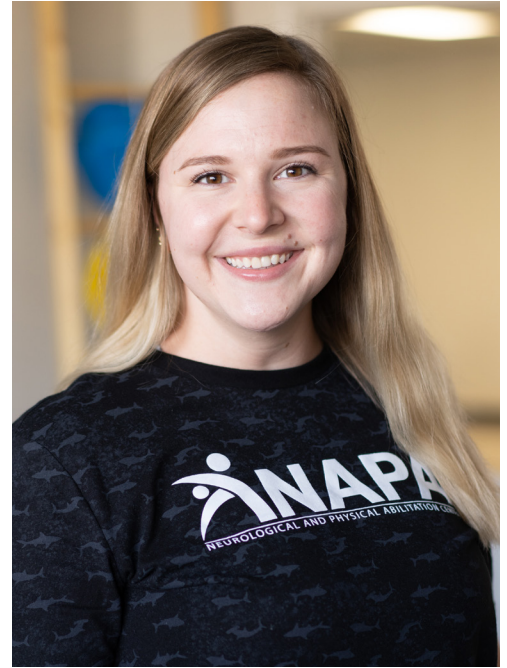
Mastering Mealtimes, is a 4-month comprehensive program that provides families and their children with the skills and techniques necessary to love eating and to become safer, more comfortable, and confident in advancing their child's feeding and swallowing skills.

We begin by addressing the root cause of co-occurring health conditions related to pediatric feeding disorders such as food intolerances, gut dysfunction, and poor weight gain. We partnered with Kerri Louati, the founder of Foodicinal, an integrative nutrition practice focusing on the pediatric population with a specialty in complex and gut-related disorders.

A close-up photograph of a healthcare professional, likely a nurse or doctor, wearing a white face mask and blue nitrile gloves. The professional is feeding a baby who is seated in a high chair with a blue and green patterned backrest. The baby is wearing an orange bib and has some food on their face and bib. The professional is holding a green spoon and feeding the baby. The background is slightly blurred, showing a wooden wall and a green chair.

How the program works (a three step process)

1. Pre-program: Including a remote evaluation and consultation with a nutritionist to address root causes of occurring health conditions
2. In Clinic: Individualized one-on-one treatment for two or more hours, five days per week, for three weeks in our outpatient clinic
3. Remote Follow Up: Including home exercise program





Ongoing Weekly Therapies



Weekly and ongoing **Physical Therapy**

Our approach to PT

NAPA offers physical therapy with an emphasis on improving balance, coordination, and gross motor skills such as rolling, crawling, sitting, walking, running, and jumping. All of our therapists (physical, occupational, and speech) work together alongside family members to assess the current functioning level and create an individualized plan to help your child achieve optimal results.

Physical therapy services may help improve:

- Range of motion (how far a joint can bend or straighten)
- Strength (against gravity)
- Balance (ability to maintain and keep oneself from falling)
- Reflexes (automatic responses seen particularly in infants)
- Posture (alignment of the body in various positions)
- Tone (natural resistance in a muscle - stiffness or floppiness)



How is weekly PT different at NAPA?

We use all the tools in our toolbox that may help benefit your child in a PT session. This may include utilizing the SpiderCage, DMI, WBV, Theratogs, or NMES.



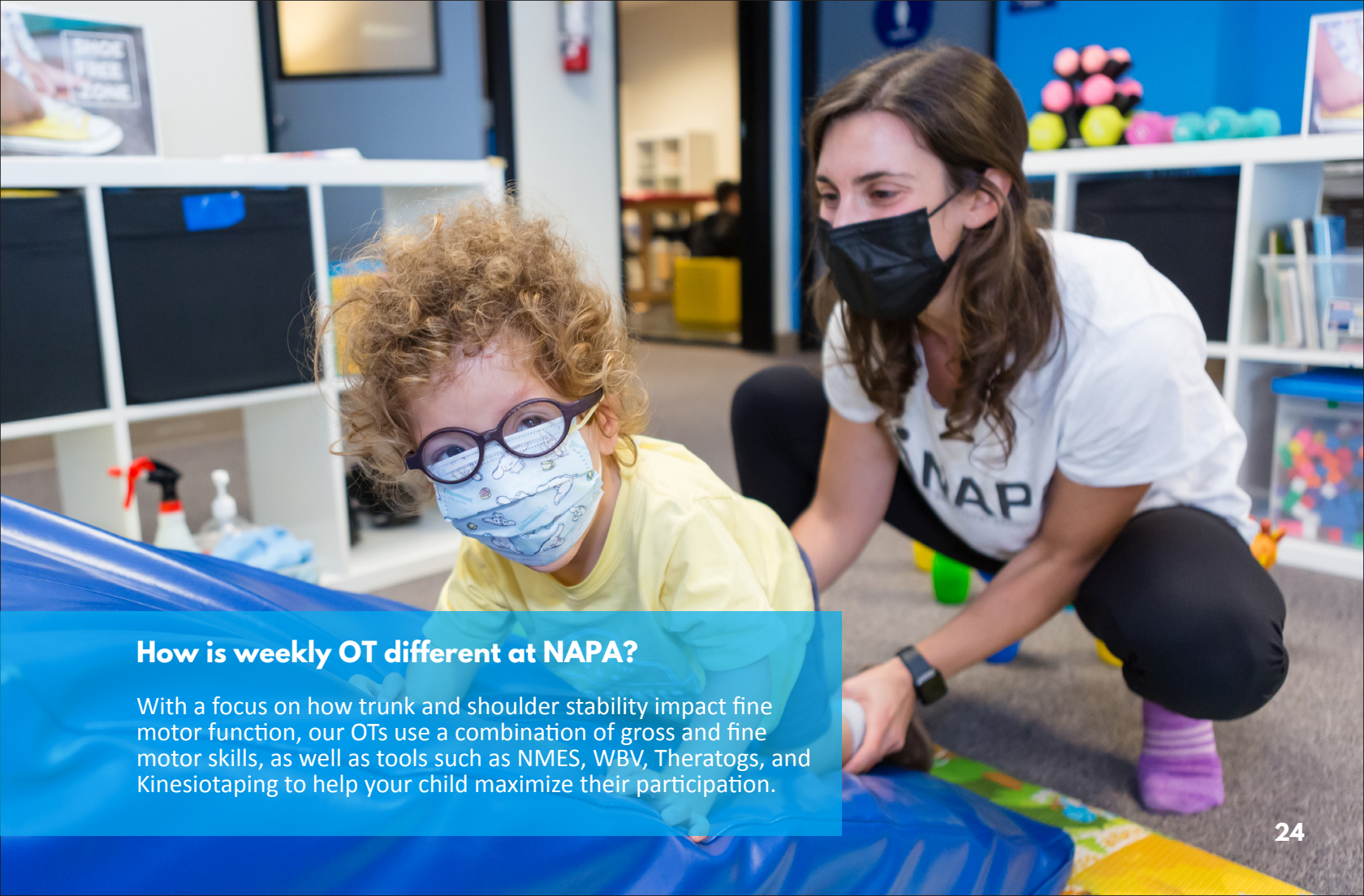
Weekly and ongoing

Occupational Therapy

Our approach to OT

Occupational therapy assists individuals in achieving greater independence in all areas of life. “Occupations” include any meaningful activity of an individual’s everyday life. An OT’s role is to assist individuals in performing occupations with the greatest level of independence possible.

NAPA provides pediatric occupational therapy services for infants through young adulthood. Our OT services take a developmental approach to address areas of physical activity (fine and gross motor skills), sensory processing and modulation, handwriting skills, visual motor skills, and self-help skills. Parents are encouraged to participate in therapy sessions, as they are an integral part of a child’s treatment.



How is weekly OT different at NAPA?

With a focus on how trunk and shoulder stability impact fine motor function, our OTs use a combination of gross and fine motor skills, as well as tools such as NMES, WBV, Theratogs, and Kinesiotaping to help your child maximize their participation.



Weekly and ongoing **Speech Therapy**

Our approach to speech

We want to help everyone have a voice. Our pediatric speech pathologists use a variety of therapy techniques to address oral motor dysfunction, apraxia, fluency, receptive and expressive language, social pragmatics, and feeding and swallowing difficulties, such as PROMPT, AAC, and VitalStim.

Therapy Technique

PROMPT

Prompts for Restructuring Oral Muscular Phonetic Targets, (PROMPT) is a tactile-kinesthetic approach that uses touch cues to a patient's articulators to manually guide him/her in producing speech. This technique develops motor control and the development of proper oral muscular movements for speech production.



Augmentative and Alternative Communication

For children with complex communication needs, our therapists are experienced with a variety of Augmentative and Alternative Communication (AAC) devices while keeping a child's individual strengths, difficulties, language skills, positioning, vision, and motor skills in mind. Therapists approach any alternative augmentative communication system assuming absolute child competence and ability.



Early Intervention Reimagined (NAPA LA)

NAPA Kidz Academy, located at our Los Angeles clinic, is a therapeutic center-based early intervention program. It is most appropriate for children with delays related to diagnoses such as global developmental delay, epilepsy, cerebral palsy and other brain injuries, autism, Down syndrome, and genetic disorders. Serving children 18-36 months, a three-hour school day works towards skill advancement in the areas of:

- Speech and language
- Social skills
- Cognitive development
- Play skills
- Fine and gross motor development
- Self-help skills
- Emotional and sensory regulation
- Feeding skills



Class is in session!

We believe that children benefit from learning and working towards skills in a natural playful environment within the community and alongside their peers. With a teacher to student ratio of 3:1 and support from developmental specialists from the fields of physical, occupational, and speech therapy, our team of teachers is here to help your child have a successful learning experience.





**Join the
NAPA Family**

www.napacenter.org

Choose from five US based locations



**NAPA
Austin**

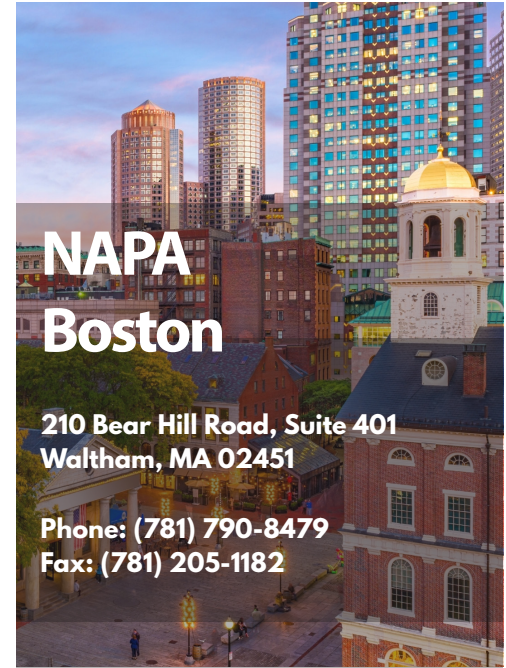
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Opening October 2022
Location TBD



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NAPA Los Angeles

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“There is a temptation to label our kids as (never going to walk) or something similar. NAPA is a place to challenge those boundaries and shatter expectations.”

- Connor T. (NAPA Parent)