

## **Neurologic Wellness Program** *Grit Mobility Concepts*

### **Who is this for?**

This program is for anyone who has experienced a neurological insult; whether it was from birth, a traumatic injury, a disease, or an acquired injury. Some examples would be like a stroke, brain/spinal injury, multiple sclerosis, Parkinson's disease, tumors, or an aneurysm. The program is only appropriate for those who are considered medically stable and cleared to participate in an exercise program.

### **Why is this important?**

Studies show that "Exercise is Medicine"! It can help lower incidences of cancer, cardiovascular disease, diabetes, blood pressure, AND boost brain health! [https://www.exerciseismedicine.org/support\\_page.php/physical-activity-health-impact/](https://www.exerciseismedicine.org/support_page.php/physical-activity-health-impact/)

- Note that heart health and good blood pressure can reduce the risk of stroke
- Brain health also means sharper thinking and better mood regulation to help with depression, stress, and anxiety= you can be more engaged with those around you and have a better quality of life

### **When would be a good time for this?**

- After discharging from a therapy program to help you maintain what you have gained
- If you need help performing your therapy prescribed home exercise program
- If you want to supplement your current therapy program to help you get better faster!
- Anytime you feel like you need some exercise guidance to get healthier

### **What does the program look like?**

- It will start with a quick assessment of how well you are moving, what kind of program are you currently on, and if there is an exercise/activity of interest
  - Education on positioning, safety, joint protection, and optimal movement strategies integrated throughout program
- Develop a program together that will work towards your needs (may include pieces of your current program)
  - \$175 Initial Wellness Assessment + Individualized Program Development (60 minutes-in person)

*\*Virtual option using secure platform: \$150 for assessment and program development*
- Follow up Wellness visits (45 minutes) = \$125/visit OR \$600 package of 5 in-person visits (\$25 savings)
  - Additional \$15 travel fee per visit if >10 miles from 83616 zip code

*\*Virtual option using secure platform: \$95 per follow-up visit OR \$450 package of 5 virtual visits (\$25 savings)*

### **How do I start?**

- Either call 208-992-7550 or e-mail [PTdoc@gritmobility.com](mailto:PTdoc@gritmobility.com) and ask about the Neuro Wellness Program



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