

Neuro Therapy

- ❖ This is a marathon, not a sprint.
- ❖ High repetition is necessary for neuroplasticity. (thousands)
- ❖ Exercises MUST be completed at home as well as in clinic.
- ❖ Consistency is key (We are here to help!)
- ❖ Create a realistic routine (try exercising at the same time everyday)
- ❖ Set aside space and time at home for exercise so that it doesn't blend into home life.
- ❖ Therapy may be completed in "rounds" with break periods to focus on home exercises and life integration.
- ❖ Track your progress by logging exercises daily