



# Allternative Gym News

"An Intensive Workout to fit your special needs"

To receive this newsletter in an e-mail please contact us at 678-945-4662 or e-mail us your e-mail with newsletter in the subject column to [4allgym@bellsouth.net](mailto:4allgym@bellsouth.net) [www.allternativegym.com](http://www.allternativegym.com)

March 15, 2010

## Fitness Therapy Approach to Helping Special Needs Kids and Adults

Fitness Therapy is designed to bridge the gap from Physical Therapy to a Therapeutic Fitness Program. Fitness Therapy differs from typical physical fitness in that it features individualized program instruction, and ranges from clinical programs to post-rehabilitation. Our programs at Allternative Gym focus on developing and maintaining muscular strength and endurance, cardiovascular fitness, flexibility, range of motion, posture, balance, perceptual motor skills, gross and fine motor skills and mobility. Clients involved in our program at the post-rehab level have acquired disabilities such as post-stroke, spinal cord injuries, and neuromuscular diseases.

The question of how exercise is beneficial to a person with a disability can best be explained by considering the deleterious effects of disuse syndrome. Disuse syndrome results from disruption of the normal balance between rest and physical activity, thereby decreasing the optimal functional capacity of an individual. When disuse syndrome is coupled with a disability the result is more functional loss than would be predicted by the disability alone. The greater the loss in functional capacity, the greater the loss of independence in activities of daily living. Exercise can prevent, minimize, or reverse the effects of disuse syndrome even if those disabilities are severe.

Unfortunately, many Americans who suffer from a chronic condition sadly fall through the cracks, they are not acutely ill, but they are not well enough to function normally/optimal. This large and important segment of the population can greatly benefit from the skills and expertise of a Fitness Therapist at Allternative Gym. With the new paradigm of managed health care, a patient's condition has a "cap" on the number of treatments they may receive. In many cases this number is less than optimum. Our focus at Allternative Gym is to increase the psychomotor skills of an individual with a disability and allow them the opportunity to achieve their greatest overall potential.



### Mothers United for Moral Support (MUMS)

Visit the MUMS website to join the class action lawsuit to get HBOT covered by Medicaid and insurance.

[www.netnet.net/mums](http://www.netnet.net/mums)

### Champions for Children

Provides direct financial assistance and support to special needs children and families.

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

### Announcements:

- *Send us a story or announcement to put in our monthly newsletter. We would love to hear from everyone.*



## Emily's Testimonial



"Emily is 16, has Cerebral Palsy and we were told at birth that she would never walk. Emily has been working with Angie for eight years and were excited when she opened Allternative Gym. Now, with the help of Angie, her staff and suit therapy, Emily has progressed from learning to sit on her own to walking the ropes unassisted and standing independently. Emily also uses the Hyperbaric Chamber, which is a nice addition to the amazing therapy. Allternative Gym provides an exercise program so that Emily can continue to improve at home. Angie has a gift that I'm glad she shares with my daughter and with many other amazing patients. I thank her and all her staff."