Modified Constraint-Induced Therapy for the Lower Extremity

PURPOSE:
The purpose of the Modified-Constraint Induced Therapy for lower extremities is to offer our neuro population with lower extremity weakness primarily stroke patients; but not limited to, an opportunity to exercise at a higher intensity in a supervised environment after discharge from formal therapy. The circuit courses will include cardio, lower extremity, balance, and independent stretching.

ELIGIBILITY:
You must be able to participate in the circuit courses. You must be self-motivated, be able to monitor symptoms of fatigue, and walk 100 feet without a brace but with an assistive device as needed for safety.

FREQUENCY:
The class is offered three times a week from 11-12 pm on Monday and Wednesday, with Friday being available as a make-up class.

WHERE:  Beaumont Health Center – Section E  
4949 Coolidge Hwy.  
Royal Oak, MI 48073

COST:  $18.00 per class.

INSTRUCTOR: A minimum of one to two therapists per session.

Maximum number of participants is four per class.

****CALL TODAY TO RESERVE YOUR SPOT: (248) 655-5800.