

## Services We Provide

- Behavioral & Developmental Assessments
- Adaptive Equipment Assessments
- Visual Perception Skills
- Hand Splinting / Strengthening / Post-Operative Care
- Eye-Hand Coordination
- Handwriting Skills
- Learning Skills
- Sensory Interventions
- Safety & Prevention Programs

## Conditions We Treat

- Cognitive Impairments
- Developmental Delays
- Fine Motor Delays
- Brain Injury
- Chronic Conditions (For example : Multiple Sclerosis)
- Neck & Back Injuries
- Injuries from Sports / Accidents
- Amputations
- Burns
- Mental Health / Behavior Problems
- Sensory Processing Impairments\*

\*Sensory integration helps certain children focus their attention to tasks. Children learn to adapt how their brain understands the world around them through all the senses (touch, taste, smell, sight, sound, and movement). The therapist helps a child develop strategies to assist his / her nervous system to functionally process information it receives. This allows the child to make better sense of the surrounding world. The result is often decreased agitation, inattention, or what may appear as behavioral concerns.

If you have concern  
regarding  
your child's development,  
contact  
**First Step Rehab**  
for a screening by  
an Occupational Therapist.

Contact us:  
**FIRST STEP  
REHABILITATION CENTER**

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Patrickswell, Co Limerick.

Tel : 061320330

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E mail : [info@righttherapycare.com](mailto:info@righttherapycare.com)

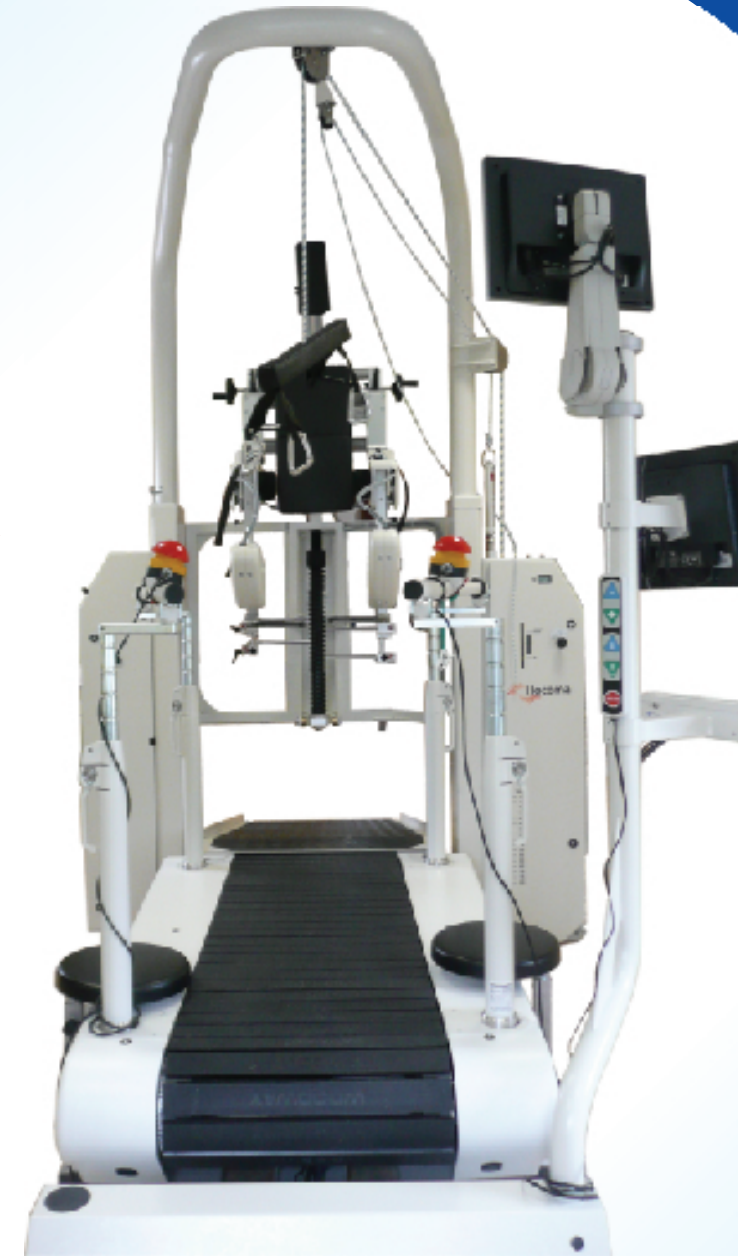
Web : [www.righttherapycare.com](http://www.righttherapycare.com)



First  
Step  
Therapy  
Begins

**LOKOMAT  
THERAPY**

"You need more  
than a good therapy  
program in today's  
long-term care  
environment.  
Your therapy company  
needs to be your  
partner, providing a  
systematic approach  
that helps you  
manage today's  
challenges. That's exactly  
what you get through -  
"First Step"





First Step Rehabilitation Center, launches Lokomat® to help people improve their ability to walk after disability caused by brain and spinal cord injuries, stroke, or neurological and orthopedic conditions. Lokomat service may not be appropriate for everyone, and certain medical conditions may prohibit your participation in this activity.

Lokomat® is a robot-assisted treadmill that supports a patient in an upright position while moving the legs through a normal walking pattern – even if a patient is unable to move his or her legs independently.

While similar treadmill technology has been in use for several years, the robotic assistance of Lokomat means patients with more severe injuries can benefit from gait therapy sooner in their recovery. The Lokomat was funded by Coiscéim Eile.

Patients who can benefit the most from early gait therapy are those with significant disability due to stroke, brain injury or spinal cord injury.

But Lokomat is not only for those who are just starting their rehabilitation. Patients can benefit from the intensive training that Lokomat provides even years after their injury.

## First Step's launches Lokomat ®:

State-of-the-art technology to restore walking function

### About Lokomat Therapy

Robot-assisted walking therapy is a form of physical therapy that uses a robotic device to help a person improve his or her ability to walk. The patient is suspended in a harness over a treadmill, and an exoskeleton robotic frame, attached by straps to the outside of the legs, moves the legs in a natural walking pattern. A computer controls the pace of walking and measures the body's response to the movement.

The pediatric model also has an interactive gaming interface which, through cartoon characters and challenges, motivates children and provides them instruction. Currently, this type of physical therapy is conducted with the aid of two or more therapists who manually move the patient's legs in a walking pattern. The strenuous nature and variability of the manual method can limit the frequency and duration of therapy. In the Lokomat, the robotic device does most of the heavy work, the pattern and pace are consistent throughout the session, and the exercise can be sustained over longer periods of time, making it more effective.



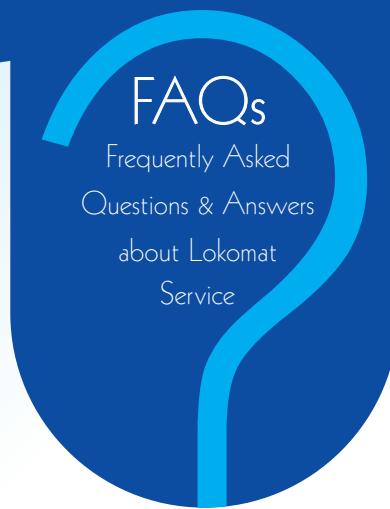
### How it Works ?

Sensors and other technology monitor the patient's gait pattern, measure changes in strength, range of motion and endurance over time, and allow the patient to gradually increase physical effort while ensuring safety.

The best way to restore walking function is to get the patient up and walking as early as possible in their rehabilitation. In patients with brain injury and stroke, the involved side of the body responds to moving in the normal pattern of walking even if the patient does not have the strength to move his legs. In those with a spinal cord injury, the therapy generates reflexes that allow input from the leg to move up the spinal cord.

Lokomat service may not be appropriate for everyone, and certain medical conditions may prohibit your participation in this activity. To learn more about our program, please review the "FAQs about Lokomat service" section below.





### What is Lokomat Service?

Lokomat service is a form of physical therapy that uses a robotic device to help a person whose ability to walk has been impaired as a result of stroke, spinal cord or brain injury, neurological or orthopedic condition, learn to walk again.

### How does the Lokomat work?

The person is suspended in a harness over a treadmill and the frame of the robot, attached by straps to the outside of the legs, moves the legs in a natural walking pattern. A computer controls the pace of walking and measures the body's response to the movement.

### How does Lokomat help a person re-learn to walk?

It is believed that the repetitive walking pattern helps the brain and spinal cord work together to re-route signals that were interrupted by injury or illness. Currently, this type of therapy is done with the aid of two or more physical therapists that manually move the patient's legs in a walking pattern. However, the labor-intensive, strenuous nature and variability of the manual method can limit the frequency and duration of the therapy. With Lokomat service, the robotic device does most of the heavy work, the pattern and pace are consistent throughout the session, and the exercise can be sustained over longer periods of time.

### Are there other benefits to Lokomat service?

In addition to training the brain and spinal cord, Lokomat service may help strengthen muscles and improve circulation. Also, the weight bearing nature of the exercise may help strengthen bones at risk for osteoporosis (the loss of calcium from bones that makes them fragile and easy to break) due to lack of use.

### Who would benefit from Lokomat service?

The primary goal of Lokomat service is to regain or improve the ability to walk, so it may be most appropriate for people whose ability to walk has been impaired by brain injury, including stroke, incomplete spinal cord injury, or some other neurological or orthopedic condition, such as multiple sclerosis or hip replacement. Among other criteria for participation in Lokomat service, a person must have some sensation or movement in at least one major muscle group in the leg. An evaluation by Lokomat expert physiotherapist at First Step would be required for a course of treatment to be prescribed.

### Who should not participate in Lokomat service?

As with any form of physical exercise, a person should have a complete physical evaluation to determine if Lokomat service is right for them. However, people with certain conditions would generally not be considered good candidates for Lokomat service. These conditions include cardiopulmonary disease, high blood pressure or blood pressure that changes dramatically when standing up or walking, seizures, diabetes, unhealed incisions or pressure sores, severe osteoporosis, swelling or contracture of the legs and other conditions that would make independent walking unsafe. An evaluation by Lokomat expert physiotherapist at First Step would be required for a course of treatment to be prescribed.

### When is Lokomat service available?

First Step Rehabilitation Center currently offers Lokomat service Monday to Sunday Between 8 am to 8 pm.

### How often does a person need to participate in Lokomat service?

The effectiveness of Lokomat service varies from person to person, so patients should be able to commit to a minimum of 60 minutes of therapy per day, three days per week, for four to eight weeks. Periodic evaluations will be conducted to determine if more sessions would be helpful in achieving the maximum benefit.

### How do I schedule an appointment?

You can call / mail to us to fix up your convenient time for the Initial evaluation and later appointments will be based on your further convenience.

### Are the results of Lokomat service guaranteed?

No, the results of Lokomat service or any other type of therapy are not guaranteed. However, during the course of therapy, periodic evaluations will be conducted to measure improvement and determine if more sessions may help to achieve the maximum benefit.



## Other Services

First Step provide various allied and Complimentary Therapy Services to the patients with high standard professional skills & knowledge

### Physiotherapy

- Neuro Physiotherapy
- Orthopedic Physiotherapy
- Sports Physiotherapy

When you have anything from debilitating pain to a tiny "niggle", come and see us at First Step Rehab and we can treat any number of injuries and illnesses.

We take our greatest pride in giving personal, on-going attention with true "hands-on" treatment but without a lot of the baffling medical language. You can expect fast, effective relief from most ailments and in most cases a reasonable time solution and long term plan to bring your mobility back to life. We happily treat everyone and have special interests in a long list of problems that not only are caused by your pain but are the root of the pain itself. What we don't specialise in is the quick fix, because let's face it, they don't work. So come to the team that care about your long term health and wellbeing, and actively work to improve it. Contact First Step Rehabilitation Centre now for a free consultation to see how we can help you.



## Other Services

### Common condition Treated

- Neck Pain - Back Pain
- Joint Pain - Muscular Pain
- Foot Pain - Chronic Pain
- Sports Injuries - Work Injuries
- CTP Injuries - Whiplash
- Arthritis - Scoliosis
- Sciatica - Fibromyalgia
- Hand Injuries - Tendonitis
- Coccydynia - Dysautonomia
- Postural Advice - Postural Dysfunction
- Manipulation - Psoas Dysfunction
- Temporomandibular Joint (Jaw) Pain
- Carpal Tunnel Syndrome
- Chronic Fatigue Syndrome
- Headaches and Migraines
- Tennis and Golfer's Elbow
- RSI (Repetitive Strain Injury)
- Post Operative Rehabilitation
- Ergonomic Advice and Products
- Orthotics

### Occupational Therapy

First Step Rehab provides occupational therapy services for children of all ages who experience difficulties in various areas of their lives. The ability for children to participate and feel successful in everyday activities at home, in school, and in community settings can significantly shape their world, their health and their overall satisfaction with life. Our Pediatric occupational therapists help children learn skills needed to be successful with the "occupations" of being a child including play, self-care activities, keeping daily routines and participating in the classroom.

