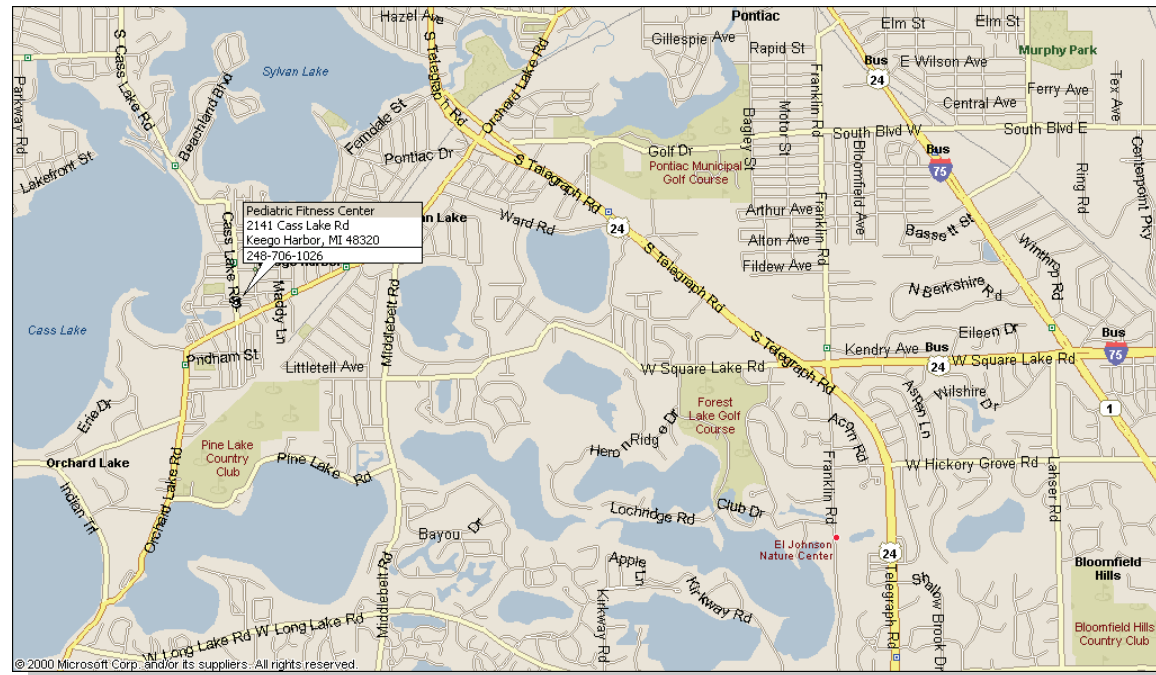


The Pediatric Fitness Center has a great location on the corner of Cass Lake & Orchard Lake roads. It has a large parking lot with handicap accessible parking several feet from our center. We are close to major highways, hotels, movie theaters, shopping malls, restaurants, and area entertainment.



### **PEDIATRIC FITNESS CENTER**

**2141 CASS LAKE ROAD, SUITE 107**

**KEEGO HARBOR, MI 48320**

**Toll Free: 877-THERASUIT (843-7278)**

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**[www.suittherapy.com](http://www.suittherapy.com)**

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## **PEDIATRIC FITNESS CENTER**

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**Toll Free 877-843-7278**





## WELCOME TO THE PEDIATRIC FITNESS CENTER



We invite you to join us in our new facility located in quiet Keego Harbor, Michigan. Our facility is fully committed to serving children with special needs, their parents, and all therapists who work with the pediatric population. The Pediatric Fitness Center is owned & operated by a local couple, **Izabela and Richard Koscielny**, who are both parents and therapists. They each bring to the Pediatric Fitness Center more than 14 years of personal and professional working experience with the pediatric population and are dedicated to children with special needs & their families.

The Pediatric Fitness Center is a new 3,000 square foot fitness facility. Its spacious gym is fully equipped with special fitness equipment for the pediatric population. The unique equipment designed for children with special needs includes stationary bikes, leg press, treadmills, and rower. The fitness equipment is appropriate for children ages 3 and up. Other equipment utilized at our center includes the Universal Exercise Unit, a system of pulleys & weights designed to isolate and work specific muscle groups, along with the Spider, a system of bungee cords and belts designed to strengthen lower extremities & trunk as well as to assist with static & dynamic balance. We also utilize the TheraSuit™ with all children who have been screened and are found not to possess qualities that are contraindicated for use of the suit. The TheraSuit™ comes in five different sizes making it possible to use on clients of all ages.

The Pediatric Fitness Center has a training media center, which is used for training courses available for both parents and therapists. Training courses are offered monthly and include a 2-day course in the TheraSuit™, a 2-day training course in the Universal Exercise Unit, and a 5-day training course in the TheraSuit Method. Training is usually reserved for the last week of every month with the exception of TheraSuit™ for parents, which is held on weekends & needs to be scheduled in advance.

We have an extremely child friendly waiting room equipped with a TV, videos, DVDs, and books to keep children entertained while their sibling is involved in the intense exercise program. For the parents we offer a European style lounge equipped with a TV, reading material, & beverages to name a few of the comforts. This is a quiet place for the parents to retreat & regroup while their child is participating in the program.



## Current Programs

**2 & 3 WEEK INTENSE EXERCISE PROGRAM-** Intense exercise program designed for children with neuromuscular disorders performed on a one-on-one basis with a skilled professional. Depending on the child's needs, the program is a 2 or 3-week session with the child being seen 5 days a week for 3 hours per day. The intense program focuses on strengthening and flexibility with the use of the **TheraSuit™**, **Universal Exercise Unit**, **the Spider**, progressive resistive exercises, & pediatric fitness machines (leg press, rowing machine, treadmill, stationary bikes). The exercise program is ideal for those who want to enhance & improve their child's developmental and functional abilities (ex: mobility, balance & coordination, gait, etc.). Includes a detailed child specific exercise routine so you can continue to work with your child at home. **Cost per week is \$1,650.00.**

**TRAINING COURSES FOR PARENTS** - The Pediatric Fitness Center offers training courses for parents in both the Therasuit™ & the Universal Exercise Unit. Training is provided in small groups & parents must attend the training session with their child. Pictures and videotaping are allowed and we can also videotape your child for you. Parents are required to submit a Health Information Form about their child before being registered for the training program. If the parent is being trained in the TheraSuit™ with their child, a recent hip X ray with an A/P view of the child's hips (report) must be submitted along with the Health Information Form. Printed handouts, manuals, videotapes & video CDs are all included in the price of the course.

**PARENT TRAINING FOR THE THERASUIT™** - A special 2-day course is offered monthly to train parents in the theory, history, contraindications, precautions, benefits, & application of the TheraSuit™ with their child. Izabela Koscielny teaches the course. Parents have the opportunity to wear the TheraSuit™ and learn from their own experience. The course includes child specific exercises performed with the child in the suit to decrease tone, increase strength, promote trunk control & stabilization, and much more. Parents are provided with a child specific "hook-up" manual detailed for their child's needs. The TheraSuit™ is available for parents to purchase once they have completed the 2-day training course. The cost for the 2-day course is \$850.00. TheraSuit™ training is FREE if taken in conjunction with the 3-week Intense Exercise Program and purchase of the TheraSuit™.

**PARENT TRAINING FOR THE UNIVERSAL EXERCISE UNIT** - A special 2-day course offered monthly to train parents in the application of the Universal Exercise Unit as a suspension system with the use of pulleys and weights to isolate & strengthen muscle groups. Parents are also trained in the use of the cage as a Spider utilizing belts & bungee cords to strengthen the lower extremities & trunk and to improve the child's static & dynamic balance. Functional activities like sitting, 4-point position, tall kneeling, & ½ kneeling activities are also addressed in the Spider. Parents will receive an instructional video and CD detailing a large variety of basic exercises to be performed in the Universal Exercise Unit & Spider. The cost for the 2-day training course is \$850.00. Parent training in the Universal Exercise Unit is FREE, if the course is taken in conjunction with the 3-week Intense Exercise Program and the purchase of the Universal Exercise Unit.

**TRAINING FOR THERAPISTS** - The Pediatric Fitness Center offers training courses for therapists in the TheraSuit™, the Universal Exercise Unit/Spider, and the TheraSuit Method (combined 5-day course). Training is available for physical therapists, occupational therapists, and other health care professionals. Training is provided in small groups and those being trained have the opportunity to try the TheraSuit™, the Universal Exercise Unit, and all other equipment during the training session. The courses provide the opportunity for hands-on training with pictures & videotaping allowed. Printed handouts, manuals, videotapes, video CDs are all included in the price of the course. Upon completion of the course, each therapist will receive a Certificate of Training. Participants can purchase the TheraSuit™, the Universal Exercise Unit, and other equipment during the training session. Discount group rates and on-site training is available. Prices for the training courses:

-THERASUIT™ - Cost per participant is \$850.00.

-UNIVERSAL EXERCISE UNIT- Cost per participant is \$850.00.

-THERASUIT METHOD (combined 5-day course) - Cost per participant is \$1,900.00.