

A BRAIN THERAPY PROGRAM DESIGNED TO IMPROVE MENTAL & PHYSICAL WELLNESS

Find Hope | Get Results | Improve Quality of Life

WE SOLVE PROBLEMS...

Anxiety	Sensory	ADHD
Fatigue	Concussion	Tourettes
Autism	Stroke	Balance
PTSD	Motivation	& MORE!

OUR THERAPY PROGRAM

Our typical therapy program lasts 4 months.

TO START, we use physical exercises focused on low-level brain function, which allows us to establish a foundation for each client.

- Primitive Reflex Integration
- Eye Exercises
- Coordination & posture
- Vestibular & balance training

NEXT we address higher-level cognitive processing:

- Attention
- Memory
- Initiation
- Organization
- Impulse & Emotional control
- Social, Language, Comprehension

BY THE END, we measure the results and provide a written & verbal progress summary.

01

COMPLETE YOUR
CONSULTATION FORM
ON OUR WEBSITE

GET AN ESTIMATE

02

03

START THE PROGRAM

SEE THE RESULTS
(IN CLINIC & AT HOME)

04

05

RECEIVE PERSONAL
PROGRESS REPORTS





DANIELLE NELSON, M.S., OTR/L

OWNER & OCCUPATIONAL THERAPIST

Danielle has trained alongside renowned functional neurologists. She understands that traditional healthcare can be frustrating, leaving patients extremely anxious about their future. She created Brain Bright Therapy to provide hope, to get results, and ultimately help her clients improve their quality of life.

OUR PURPOSE!

"For the first time, we haven't had any issues at school"

"My daughter has the confidence she needs to overcome anxiety and SPD"

"My tremors aren't pestering me as much and my balance is better"



Complete Your Consultation Form Today
BrainBrightTherapy.com

Most Insurances & CareCredit Accepted

T: (419) 279 - 9576 | 5412-1 Monroe St. Toledo Ohio 43623

PLAN OF CARE

Occupational Therapy over 4 months.

Month 1:	3 times per week
Month 2:	2 times per week
Month 3:	2 times per week
Month 4:	1 times per week

Based on individual progress and re-assessments, the recommended frequency above may change. If **Speech** is a concern, our speech therapist can perform an evaluation to recommend a separate Plan of Care.

HOME EXERCISE PLANS (HEP)

We provide exercises to perform 2-3x per day. The goal is for exercises to only take 3-5 minutes to complete. The HEP is updated as needed. Success of our program relies on client participation in HEP to promote the brain's plasticity or ability to change and heal itself.

INTERACTIVE METRONOME (IM)

The IM is highly researched and proven effective for improving sensory processing and attention. The IM is designed to aid in integrating auditory and visual systems when combined with a motor task. The ability to make quick, accurate, and rhythmic decisions and movements are essential to being successful in everyday life. *Ask us about IM for at home use available at additional cost.*

SCHEDULING

A 4-month schedule will be provided at your first appointment. We do our best to accommodate scheduling preferences, however evening times are limited. Therefore, we have Daytime Policy, which states 1x/wk appointments must be scheduled between 8a-3p. Any changes made within the first week do not effect your attendance rate. We require an 83% attendance rate and Same-day Cancels need to be rescheduled within 7 days to avoid fees.

VISUAL TRAINING

Vision is more than the ability to see things clearly. We depend heavily on vision for learning, decision making, social interactions, motor control, balance and posture. Our vision is directly related to our vestibular system in the inner ear, which is one of our most influential systems in our body. We provide individualized visual training for the purpose of exercising the brain.

PRIMITIVE REFLEXES

- Reflex: involuntary response to stimulus; may be used to determine the maturity of the Central Nervous System.
- Most emerge/ develop in utero and are present for 2-4 months after birth.
- They are essential for the birthing process, infant survive outside the womb, & reaching milestones.
- They integrate/ disappear during the first year of life.
- Replaced by Postural (adult) reflexes by age 3½.
- If still present after the first year of life, they are a sign of immaturity and a stressed Nervous System. They are correlated with anxiety, focus, coordination, emotions and more.

FEAR PARALYSIS REFLEX (FPR)

Exercise: FPR Animals

Symptoms associated with Retained FPR:

- Low tolerance to stress
- Anxiety seeming unrelated to reality
- Hypersensitivity to touch or sounds
- Dislike of change or surprise
- Poor adaptability
- Fatigue
- Breath holding
- Fear of social embarrassment
- Insecure/lack of trust in oneself
- Overly clingy
- Compulsive traits/OCD
- Negativism, defeatist attitude
- Won't try new activities
- Temper tantrums
- Motor paralysis under stress
- Difficulty accepting affection
- Over-reacts to changes in visual field
- Struggles to think and move at the same time

MORO REFLEX

Exercise: Starfish

Symptoms associated with Retained Reflex:

- Motion sickness
- Poor coordination
- Poor balance
- Tense muscle tone
- Exaggerated startle reaction
- Anxiety
- Withdrawal/aggression toward others
- Dislike of changes or surprises
- Timid
- Poor learning skills
- Low self-esteem
- Emotional instability and sensitivity
- Hyperactivity
- Mood swings
- Problems with vision
- Hypersensitivity to light and sound
- Poor auditory processing skills
- Allergies
- Low energy
- Low immunity
- Frequent ear/nose/throat infections

PALMAR REFLEX

Exercise: Thumb to Fingertip

Symptoms associated with Retained Reflex:

- Poor manual dexterity
- Mouth movements with handwriting
- Speech articulation difficulties
- Lack of independent finger movements
- Tight grip on pencil
- Hypersensitive palm of hand

ASYMMETRICAL TONIC NECK REFLEX (ATNR)

Exercise: Lizards, Cross Crawls

Symptoms associated with Retained Reflex:

- Inability to use cross-pattern movements (skipping)
- Problems with eyes crossing middle of body, resulting in difficulty reading
- Learning problems with spelling, math, and language
- Balance affected by head movement
- ADD and ADHD
- Problems crossing midline
- Difficulty learning to ride a bike
- Poor sense of direction
- Letter and number reversals
- Poor handwriting
- No established hand dominance
- Problems with throwing or catching
- Dyslexia
- Scoliosis
- Poor eye-hand coordination
- Poor visual tracking
- Social and behavioral challenges
- Sensory input confusion

SYMMETRICAL TONIC NECK REFLEX (STNR)

Exercise: Quad Rocking, Cat/Cows

Symptoms associated with Retained Reflex:

- Poor eye-hand coordination
- Difficulty focusing from near to far
- Difficulty learning to swim above water
- ADD and ADHD
- Poor posture at desk
- Tendency to anchor feet behind chair
- Ape-like walk
- "W" sitting
- Difficulty holding head upright
- Difficulty recognizing social cues
- Challenges with memorization
- Poor balance
- Poor space and time awareness
- Difficulty aligning numbers for math
- Poor learning ability

SPINAL GALANT REFLEX

Exercise: (Slow) Snow angels

Symptoms associated with Retained Reflex:

- Poor concentration
- Poor short-term memory
- Fidgeting
- Dislike of tight clothing or tags
- Poor bladder control/bedwetting
- Irritable bowel syndrome

TONIC LABRYINTHINE REFLEX (TLR)

Exercise: Superball Rocks, Superman

Symptoms associated with Forward TLR:

- Motion sickness
- Poor coordination
- Problems with visual processing
- Low muscle tone
- Fear of heights
- Poor balance
- Poor posture
- Avoids sports
- Tires easily when standing
- Poor sense of time
- Poor sense of rhythm
- Poor sequencing skills

Symptoms associated with Backward TLR:

- Motion sickness
- Poor coordination
- Poor balance
- High muscle tone
- Poor posture
- Toe walking
- Poor sequencing skills
- Poor organization skills
- Poor sense of rhythm

Waitlist Policy

To ensure fair and equal access to therapy,
the following policies will be observed.

1. Names go on the waitlist in the order that they are received according to the date of consult, or approval by patient or parental guardian to be placed on waitlist.
2. Patient or parental guardian are notified via telephone (if unable to reach by phone, then Brain Bright Therapy will email) when a space is available to begin therapy. The patient or parental guardian are given 24 hours to respond. If the patient or parental guardian fail to contact us with the 24-hour period, Brain Bright Therapy will move on to the next patient on the waitlist. Because of this, it is very important to keep us up to date with changes to contact details (e.g. phone numbers and email address).
3. If the patient or parental guardian declines the space at that time, the patient will remain on the waitlist in the same sequence for two more offers. If on the third offer the patient or parental guardian continues to decline the offer, the patient will be moved to the bottom of the waitlist.
4. Once contacted of available spot, Brain Bright Therapy will be scheduling to start the program, by the first week of the month. If the patient is unable to start the program during the first week of the month, Brain Bright Therapy may need to contact the next patient on the waitlist. The patient will remain in the same sequence on the waitlist for the next available opening.
5. Once the patient is scheduled to start the program, if the patient or parental guardian chooses to cancel the program before the initial evaluation, there will be a \$30.00 cancellation fee. It may also result in removal from the waitlist. **Note: Insurance companies DO NOT reimburse for fees: this is the responsibility of the patient or parental guardian.**