



Dystonia Program Summary and Recommendations

In this sheet we summarize a typical program for a person looking to get their life back while experiencing dystonia.. Our program is very individualized with a high focus on *your* specific goals, uncovering your strengths and resources, and building on those to build brain and body connection and restore your function.

Our philosophy of treatment is to understand you as a whole person, including body and brain connections, your environmental influences, and underlying musculoskeletal issues. We focus on restoring your autonomy and independent control so that you are empowered with the tools and resources for self-treatment.

We work together as a team of physical therapy, occupational therapy, and psychology to understand your needs and put together a comprehensive and holistic program. We work very closely with your physician.

The program includes:

- A 1-4 week interdisciplinary and intensive program. Sometimes followed by a taper for ongoing support.
- A weekly team planning meeting to work in an integrated way toward your goals.
- Individualized frequency of each discipline, depending on your needs.
- Transition to specialized wellness services, personal training, and/or group fitness at the end of the program.

Typical Weekly Schedule (May vary depending on your individual needs for your program):

Mon	Tues	Wed	Thurs	Friday
PT	PT	PT		PT
OT	OT		OT	OT
	Yoga therapy	Psychology	Yoga Therapy	Psychology
Daily practice	Daily practice	Daily practice	Daily practice	Daily practice



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Summary of services and recommendations

Physical therapy:

- **Education:** Discuss the diagnosis-- that it is a real software, not hardware, problem! Identify potential triggers and expect good days and bad days. Each person's recovery will be different!
- **Aerobic exercise:** Graded exercise and training for autonomic and functional tolerance.
- **Learning-based Sensorimotor training:** Integrating visual, vestibular, and proprioceptive information into movement and daily functioning.
- **Sensory tricks and positional changes** to reduce dystonic movements and allow for improve sensory integration
- **Graded sensory re-mapping training:** To retrain sensory localization and discrimination.
- **Vestibular rehabilitation and vision training as indicated**
- **Motor control training to restore automatic and fluid movements**
- **Graded exposure and functional training to return to your goals**
- **Dual task training:** To access automatic movement pathways in the brain.
- **Strengthening:** If there is deconditioning identified at evaluation.
- **Nervous system regulation & autonomic training:** In the context of gross motor movement.

Occupational therapy

- **Lifestyle interventions, which include:**
 - **Sleep:** sleep induction, stimulus control, and sleep compression.
 - **Routine/time management:** discussions on how to put systems in place to reduce overwhelm, or how to have a health-promoting daily rhythm.
 - **Eating routine:** For adequate hydration, nutrition, and blood glucose regulation.
 - **Physical activity:** To build a sustainable, realistic routine that you enjoy.
- **Coping strategies:** To build a personalized list of nervous system regulation strategies.
- **Mindfulness training:** To practice and record personalized audio for guided imagery, body scan, and other mindfulness strategies.
- **Autonomic regulation techniques**
- **Sensorimotor training for activities of daily living**
- **Fine motor retraining:** For activities of daily living, chores, and other functional tasks.

Clinical Psychology

- If you are experiencing brain fog and difficulty concentrating: cognitive testing and rehabilitation for improving skills for return to your life.



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- Psychotherapy is provided for additional emotional support, greater self-awareness, and emotional understanding of both past and present life experiences. The goal is to shift in your ability to tolerate and grapple with painful emotions and life circumstances and create a sense of empowerment and self-acceptance.
 - Individualized Psychotherapy approach is based on principles of cognitive behavioral therapy, mindfulness, and brain-body connection. Psychotherapy is collaborative, active, and goal-oriented. Specific goals may include:
 - Exploring the link between mind and body and how this relates to symptoms
 - Acceptance of difficult circumstances and working to develop different methods of responding to symptoms
 - Shifting focus from symptoms to meaningful parts of your life
 - Noticing and changing catastrophic or unhelpful thinking contributing to feelings of fear, uncertainty, or unhappiness
 - Improving your sense of control
 - Overcoming reduced activity and avoidance
 - Increasing pleasurable activities, self-soothing, and self-compassion
 - Self-acceptance and bolstering the connection to your values and beliefs

Additional resources include:

1. **Yoga therapy to improve nervous system regulation and autonomic toning**
2. **Personal training and exercise as appropriate:** graded exercise and fitness routine guided by the team

Cost Estimate: The cost depends on your specific program needs and frequency. We highly value your individual needs and will meet with you to develop an individualized program. Our therapy visits are billable to your insurance (we provide you a superbill).

- Our Program Manager will be in contact with you with an estimate of costs after you meet with our team for a consultation.

Our re+active team & goal:



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An integrated care team working together for the **WHOLE** person

