



FND Program Summary and Recommendations

In this sheet we summarize a typical program for a person looking to get their life back while experiencing a functional neurological disorder. Functional Neurological Disorders (FND) may include (but aren't limited to) functional movement disorders, functional seizures, functional dystonia, functional cognitive disorders and functional sensory disorder. 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 as needed.

re+active FND Integrated Program

Standard Program (4-8 weeks)



THE INTENSIVE:	EXPECTED OUTCOMES
<p>Typical Therapy Frequency (there isn't a cookie cutter approach here, so it depends on your individual needs):</p> <p>4x per week PT 3x per week OT 2x per week psychology Parent meetings with psychology team 1x per week Yoga therapy</p> <ul style="list-style-type: none">• Start building a self management program that works for your nervous system• Brain re-training for sensory and motor changes in a way that is focused on your goals• Autonomic nervous system regulation to better manage symptoms• Build understanding around relationships between thoughts, behaviors, and emotions with symptoms• Address lifestyle factors like activity pacing, sleep issues, and more!	<ul style="list-style-type: none">• A personalized FND self management tool kit that you can use for managing your symptoms• The beginnings of improvement in your symptoms and physical function• Improved confidence, quality of life, understanding of your diagnosis and what your nervous system needs to be successful• A plan for next steps to help you continue making progress once you are done with the intensive program

This type of program is best if:

- You just want a self management tool kit and get started in your FND recovery journey.
- If you feel like you have the correct diagnosis and believe it.
- You are looking for a wholistic and integrated approach to treatment!



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The typical program includes:

- **A 4-8 week transdisciplinary intensive program** (*This varies based on the individual & their specific needs*)
- A weekly team planning meeting to work in an integrated way toward your goals.
- If under 18, several family meetings to communicate with team members.
- 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.

Our therapy team & goal:

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



Typical Weekly Schedule (frequency & discipline depends on your individual needs)

Mon	Tues	Wed	Thurs	Friday
PT: 1 hour	PT: 1 hour	PT:1 hour		PT: 1 hour
OT: 1 hour	OT: 1 hour		OT: 1 hour	
	Yoga therapy: 1 hour	Psychology: 1 hour	Yoga therapy: 1 hour	Psychology: 1 hour
Daily practice	Daily practice	Daily practice	Daily practice	Daily practice



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Summary of services and recommendations: (these are shared by the whole team including physical therapy (PT), occupational therapy (OT) and psychotherapy)

- **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!
- **External focus of attention:** to restore automaticity of movement and motor control
- **Aerobic exercise:** Graded exercise and training for autonomic and functional tolerance.
- **Sensorimotor training:** Integrating visual, vestibular, and proprioceptive information into movement and daily functioning.
- **Graded sensory re-mapping training:** To retrain sensory localization and discrimination.
- **Vestibular rehabilitation and vision training as indicated**
- **Motor control training**
- **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.
- **For pediatric cases:** Play as a regulation technique!
- **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.
- **Sensorimotor training for activities of daily living**
- **Autonomic regulation strategies**
- **Fine motor retraining:** For activities of daily living, chores, and other functional tasks.
- **For pediatric cases:** return to school planning/advocacy and meeting with school as needed.
- **Person-centered:** Therapy is individualized, collaborative, active, and goal-oriented. Treatment starts with a collaborative formulation of the challenges and protective factors which exist for you. Our therapy is grounded in respect. We maintain the stance that you



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are the expert on you. 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.

- **Alleviation of anxiety and depression:** We utilize empirically supported interventions such as cognitive behavioral therapy and acceptance and commitment therapy to improve mood and quality of life
- **Self-understanding:** Collaboratively, we will explore the link between mind and body and how this relates to symptoms
- **Mental wellness and stress management:** We aim to promote positive neuroplasticity by arming you with stress management tools. By helping you feel more confident in your ability to manage your symptoms and other sources of stress, we can decrease nervous system reactivity and restore a more positive relationship with your body
- **Cognitive functioning:** Tools are provided to optimize cognitive functioning related to brain fog or memory challenges
- **Communication:** Adaptive communication skills are practiced to enhance your medical treatment, quality of relationships, and abilities to manage your symptoms
- **Healthful behaviors:** We help you optimize your activity level and overcome vicious cycles of avoidance to help you meet your social, physical, and spiritual needs.

Additional resources include:

1. **Yoga therapy to improve nervous system regulation, breathing 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.

What outcome can you expect from the program?

Although every person with FND is unique in their presentation, history and overall progression, we ask clients who complete our program to complete a Patient Global Impression of Change (PGIC) which is a valid and reliable measure across many diagnoses and within neurologic rehabilitation to show progress.



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AVERAGE PGIC RATINGS FOR COMPLETED RE+ACTIVE FND PROGRAMS:



5.8/7

**WHERE 77% OF PARTICIPANTS
SELF RATED 6 OR HIGHER
(1 IS NO CHANGE, 7 IS HIGHEST
POSSIBLE SCORE)**

1 = NO CHANGE (OR CONDITION HAS GOTTEN WORSE)

2= ALMOST THE SAME, HARDLY ANY CHANGE AT ALL

3= A LITTLE BETTER, NO NOTICEABLE CHANGE

4= SOMEWHAT BETTER BUT THE CHANGE HAS NOT MADE ANY REAL DIFFERENCE

5=MODERATELY BETTER

6= BETTER AND A DEFINITE IMPROVEMENT THAT HAS MADE A REAL AND WORTHWHILE DIFFERENCE

7= A GREAT DEAL BETTER AND A CONSIDERABLE IMPROVEMENT THAT HAS MADE ALL THE DIFFERENCE



Most commonly reported goals achieved following program completion:

- improved sleep, improved management of FND symptoms, improved self-regulation, improved energy, decreased fatigue, reduced anxiety and depression, decreased seizure frequency, increased independence, improved mobility, increased ability to participate in preferred exercises