

Thank you for your interest in the Activity Based Locomotor Exercise (ABLE) Program at Courage Kenny Rehabilitation Institute. We are excited about our new and innovative program, the first of its kind in our area. Through this program we have the opportunity to work with each client to develop a unique exercise plan utilizing a variety of specialized equipment and techniques. This intensive, activity-based exercise plan is customized to meet your needs. Results include: increased cardiovascular/aerobic fitness, muscular strength and flexibility to improve your overall quality of life.

Courage Kenny Rehabilitation Institute was chosen in 2010 to be a Community Fitness and Wellness facility as part of the Christopher and Dana Reeve Foundation's NeuroRecovery Network. We are proud to offer this combined program as a means to improve overall health and quality of life. There is scientific and clinical evidence that supports the effectiveness of the interventions to improve or maintain health and fitness for life.

We have an excellent team of highly trained staff with backgrounds in occupational therapy, fitness, kinesiology, and exercise science. Our staff has the knowledge and skill to develop individualized exercise plans to help you meet your fitness expectations and goals. This highly motivated and energetic team will welcome you and answer any questions you may have about the program.

We encourage you to take advantage of this great opportunity. Please look over the enclosed forms and fact sheets to learn about the interventions our program offers. Please feel free to contact us if you have any questions or concerns.

If you are interested, please review information, **complete the application form** and return to:

ABLE Program, MR 78434  
3915 Golden Valley Road  
Minneapolis, MN 55422

Phone: 612-775-2200  
Fax: 612-262-6733

Email: [ABLE@allina.com](mailto:ABLE@allina.com)

When your application is received, your name will be placed on our waiting list. When your name is near the top of the list we will reach out to schedule an assessment, and to gather more information.

## APPLICATION FORM

### ABLE: Activity Based Locomotor Exercise

Last name \_\_\_\_\_ First name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Country \_\_\_\_\_

E-mail address \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_

Emergency contact \_\_\_\_\_

Emergency contact phone \_\_\_\_\_

Date of birth \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Are you receiving other services related to your medical diagnosis? ☐ Yes ☐ No

List:

### PHYSICIAN INFORMATION:

#### PRIMARY CARE:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

Specialty \_\_\_\_\_

#### PHYSICAL MEDICINE & REHABILITATION:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_



Allina Health

**COURAGE KENNY  
REHABILITATION  
INSTITUTE**



\*10-09\*

PATIENT LABEL

**Medical diagnosis:**

☐ Spinal cord injury

Date of injury \_\_\_\_\_ Cause of injury \_\_\_\_\_

Level of injury \_\_\_\_\_ ☐ Complete ☐ Incomplete

ASIA (if known): \_\_\_\_\_

☐ Brain injury

☐ Stroke

☐ Multiple sclerosis

☐ Cerebral palsy

☐ Other \_\_\_\_\_

Date of onset \_\_\_\_\_

**Current problems limiting your independence:**

Are you currently participating in other Courage Kenny Rehabilitation Institute programs? ☐ Yes ☐ No  
List:

**How did you hear about the program?****Check below if you would like more information about CKRI programs**

- ☐ Aquatics/Fitness
- ☐ Adaptive Sports and Recreation
- ☐ Vocational Services
- ☐ Drivers Assessment and Training
- ☐ Social Work
- ☐ Therapy Services
- ☐ Psychological Services
- ☐ Physician Services



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PATIENT LABEL

## ABLE interventions

### Locomotor Training with over-ground activities Includes:

- stretching prior to treadmill session
- application of the specialized support harness
- 45 minutes on the treadmill with the assistance of a minimum of four fitness specialists
- followed by 30 minutes of over-ground activities off the treadmill.

Treadmill activities include work on all components of standing and walking based on the client's needs and goals.

Over-ground activities are completed with assistance from a fitness specialist and vary based on specific needs identified during the assessment and locomotor training. It will include a variety of activities in sitting, standing and walking.

This approach is essential to maximize benefits for the client. Studies indicate that effects of locomotor training are optimized with use of both the body-weight supported treadmill and over-ground training. Locomotor training is scheduled for 1½ hours.

This intervention requires written approval from your physician and may only be appropriate for specific diagnoses. An assessment is required and will be completed prior to starting any locomotor activity.

**LT 2:** Locomotor training 2 times a week for 12 week session | Cost: \$4,560

**LT 3:** Locomotor training 3 times a week for 12 week session | Cost: \$6,840

### Functional Electrical Stimulation (FES)

Use of the FES bike has been shown to improve cardiovascular capacity, improve bone health, decrease occurrence of complications such as skin breakdown, improve glucose tolerance, increase muscle cross sectional area, improve heart rate, stroke volume and cardiac output, decrease spasticity, increase local blood circulation, and maintain or increase range of motion.

This intervention requires the approval of your physician and may only be appropriate for specific diagnoses. This intervention will require an assessment that will be completed prior to start.

It may include one or more of the following options:

**Lower or upper extremity cycling:** Electrodes are placed on the muscles of the legs or arms and trunk

2 times a week for 12 week session | Cost: \$3,120

3 times a week for 12 week session | Cost: \$4,680



## NMES-Functional Electrical Stimulation

Electrical stimulation placed on selected muscle groups according to the client's neuromuscular recovery Scale sub-phase scores while performing task-specific activities. Interventions promote decreased compensatory movement by increasing appropriate kinematics of movement as well as exciting the central nervous system (CNS) to improve neuroplasticity.

The nervous system is activated below the level of the lesion through use of electrical stimulation paired with task-specific training. The goal is to improve independence in functional activities and promote recovery.

Principles applied in this intervention are based on current activity-based concepts used in locomotor training sessions. Retraining and activating the nervous system occur with electrical stimulation, using the Xcite Clinical System to facilitate functional task movement patterns. The functional integration (similar to OG) portion focuses on task-specific training without stimulation. It also integrates skills into home and community settings.

### Stimulation with functional retraining

2 times a week for 12 week session | Cost: \$3,960

3 times a week for 12 week session | Cost: \$5,940

## Guided exercise (GE)

Includes individual instruction and assistance from a fitness specialist. Sessions may include strengthening and/or cardiovascular exercise. A variety of specialized exercise equipment can be used. Equipment and exercises are customized to meet each client's individual needs.

2 times a week for 12 week session | Cost: \$2,280

3 times a week for 12 week session | Cost: \$3,420

## Basic membership

Independent, unlimited use membership to the Fitness Center:

\$50/month

\$130 for a 3-month pass

A basic Fitness Center membership included with a 12 week ABLE program.

