



Adaptive Fitness & Wellness Center For Paralysis

## Activity Based Therapy (ABT)

Activity-based therapy (ABT) is a type of rehabilitation therapy that uses activity-specific training and exercise to improve motor function, increase independence, and enhance overall quality of life for individuals living with paralysis. ABT is a highly effective treatment approach that has a range of benefits for the paralysis community.

ABT programs often involve group exercise classes and activities, which can provide a sense of community and social engagement. This can be particularly beneficial for individuals with paralysis who may feel isolated or disconnected from others. Group activities can also provide a supportive environment for individuals to share their experiences, challenges, and successes.

### Community Engagement:

- Sense of comradery and belonging
- Connect with others to share experiences
- Practical and emotional support

By improving physical function and increasing independence, individuals with paralysis can engage in activities that they previously may not have been able to. This can lead to increased participation in work, school, and other activities, as well as enhanced overall quality of life.

### Enhanced Overall Quality of Life:

- Improve physical function
- Reduce the risk of secondary health conditions
- Improve mental health
- Sense of community

Through activity-specific training and exercise, individuals can target specific muscle groups and increase their overall strength and range of motion.

### Increased Strength & Mobility:

- Improved motor function
- Increased independence
- Enhanced quality of life

Living with paralysis can be challenging both physically and emotionally. Exercise releases endorphins, which are natural mood boosters, and can improve overall mental health and well-being.

### Improved Mental Health:

- Increase self-esteem
- Reduced anxiety and depression
- Provides a sense of purpose and accomplishment

Individuals with paralysis are at a higher risk of developing secondary health complications such as pressure sores, urinary tract infections, and respiratory infections. ABT can help reduce the risk of these complications by improving circulation, reducing pressure on vulnerable areas, and strengthening muscles that support the body.

### Reduced Risk of Secondary Health Conditions:

- Prevents onset of type 2 diabetes
- Improved cholesterol
- Reduced respiratory infections

Activity-based therapy is a highly effective rehabilitation therapy for individuals living with paralysis. By investing in activity-based therapy programs, we can improve the health and well-being of individuals with paralysis and enhance their overall quality of life.