



Welcome to CenterIMT Friedreich's Ataxia Recovery Program

CenterIMT has a dynamic, aggressive, and very unique program focusing on optimal recovery for people suffering from Friedreich's Ataxia. You are encouraged to explore further.

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- **Developers**
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- **Integrative Diagnostics / The Integrated Systems Approach**
- **Quadrennial Planning**
- **Biophysiology and Functional Nutrition (Nutritional Support and Dietary Intervention)**
- **Homework Helpers**
- **Neurofascial Process**
- **Taping, Bracing, Splinting, and Orthotic Management**
- **Electrical Stimulus**
- **Structural Integrative Manual Therapy**
- **Functional Integrative Manual Therapy**

**For further inquiry contact the
Integrative Manual Therapy Association for
Degenerative Disorders
at cimatlanta@aol.com.**



CenterIMT Friedreich's Ataxia Recovery Program

Mission Statement / Philosophy

The **GOAL** of the Friedreich's Ataxia Recovery Program:

To restore health, hope and optimal function to all clients diagnosed with Friedreich's Ataxia.

Our CenterIMT **MISSION** is two-fold:

- 1) To educate the client diagnosed with Friedreich's Ataxia and their family about the body's ability to heal, thus working to restore hope in their potential for recovery.
- 2) To provide the Friedreich's Ataxia population with the most recent and advanced diagnostic, structural and functional manual therapies available throughout the world.

PHILOSOPHY:

The Friedreich's Ataxia team strongly believes all clients diagnosed with Friedreich's Ataxia have the potential for recovery, past the traditional predictors of outcome. We believe there is no one single answer for Friedreich's Ataxia; however, with a combined approach of treating the entire body, we know recovery is possible. Because it is vital for the client diagnosed with Friedreich's Ataxia to play an active role in their recovery process, we feel it is empowering for the client to participate in the goal setting process, functional rehabilitation, and nutritional wellness programs. Our team is committed to providing ongoing support to clients and their families throughout their recovery process. We are dedicated to further advancement of techniques through ongoing clinical research.



CenterIMT Friedreich's Ataxia Recovery Program

Developers

Centers for Integrative Manual Therapy is a world wide healthcare organization offering therapy for people suffering with Friedreich's Ataxia. Our multi-disciplinary team consists of professionals from around the world.



Sharon Weiselfish-Giammatteo, Ph.D., P.T., I.M.P.,C.

Dr. Sharon Giammatteo is the developer of Integrative Manual Therapy which is an important aspect of the Friedreich's Ataxia Recovery Program: Integrative Manual Therapy™, the Integrated Systems Approach™, and Integrative Diagnostics™. She is founder and President of CenterIMT and Dialogues in Contemporary Rehabilitation (DCR).

Dr. Giammatteo graduated from Wingate Institute of Physiotherapy in Israel in 1970. She received her undergraduate degree in Advanced Health Sciences and Medicine and later earned her graduate degree in Clinical Neurosciences from University of Hartford in Connecticut. Dr. Giammatteo has done extensive clinical research in the field of neurology, with her Ph.D. thesis on manual and cranial therapies for the neurologic client. Her list of publications includes articles on developmental manual therapy, manual and craniosacral therapy for cerebral palsy and more. Her books include: *Manual Therapy for the Autonomic Nervous System and Related Disorders with Advanced Strain and Counterstrain Technique*.

Dr. Giammatteo currently practices IMT in CentersIMT across the country where she facilitates ongoing clinical research for the Friedreich's Ataxia population. She teaches throughout the United States, Canada, Asia, Europe, and Israel on topics such as: Manual Therapy for the Neurologic Patient, Cranial Therapy, and Neural Tissue Tension Techniques.



Sue Leger, D.Sc., P.T., I.M.P.,C.

Sue Leger is the Director of Neurologic IMT for all CentersIMT, worldwide, and has her home base at CenterIMT Atlanta. She is a Neuroscience Specialist with a Doctor of Science in Healthscience and Nutritions from Westbrook University. She received her B.S. in Physical Therapy from the University of Florida in 1979 and her M.S. in exercise physiology from Louisiana State University in 1985.

Sue has worked with Friedreich's Ataxia victims since 1985. Sue has taught over 200 continuing education workshops, focusing primarily on biomechanical and neurological assessment; handling and movement; lower extremity biomechanics; gait; and the fabrication and function of lower extremity serial casts, splints and orthoses. She has been a speaker at numerous state, regional, and national conferences. Sue is faculty for The Connecticut School of Integrative Manual Therapy and Dialogues in Contemporary Rehabilitation, where she teaches courses in IMT. She is a co-developer, with Dr. Sharon Giammatteo, of IMT courses on stroke, a pediatric-neuro series, as well a series of certification courses on the ankle and foot.

Along with extensive training in IMT techniques, Sue has received in-depth training in many areas, including Neurodevelopmental Treatment (NDT), Acupressure, Cranial Sacral, Manual Lymphatic Drainage, Motor Control and Learning, Proprioceptive Neuromuscular Facilitation (PNF), Sensory Integration and Praxis, Mechanical Link, and Visceral Manipulation. Her publications include: *Significant Functional Gains Using Integrative Manual Therapy With a Patient Diagnosed With Cerebellar Ataxia and Peripheral Demyelination*, *Lower Extremity Biomechanical Checklist for the Neurologically Involved*, and *Taping Applications for the Neurologically Involved*.



Kim Burnham, L.M.T., I.M.P.C.

Kimberly Burnham is CenterIMT's Director of Knowledge Management. Her primary practice is in CenterIMT Boulder. She also practices at the CenterIMT locations in Bloomfield, CT; Albuquerque, NM; and Toronto, Canada. As Director of VisionIMT, she pilots several Pilot Programs specifically focused on vision and eye conditions. Kim is a graduate ('93) of the Sutherland-Chan Massage and Teaching Clinic and holds a B.Sc. in Zoology ('82) from Brigham Young University. She is currently working on her doctoral studies in neurodegenerative disorders. She took her first class in Integrative Manual Therapy in 1995 and has been working for the organization since 1997. Kimberly also travels extensively teaching Integrative Manual Therapy for DCR.



CenterIMT Friedreich's Ataxia Recovery Program

Specifics

CentersIMT are successfully assisting with the optimal habilitation of clients diagnosed with Friedreich's Ataxia from around the world. All clients with Friedreich's Ataxia begin with a thorough initial evaluation utilizing Integrative Diagnostics and The Integrated Systems Approach. Assessment is pivotal and on-going throughout the Friedreich's Ataxia recovery program. Immediate short term goals and long term goals are outlined on an individualized Quadrennial Plan. This individualized plan includes goals, a home program, and quarterly tracking of efforts and progress. It is reviewed and updated with the client, and all support persons, on a quarterly basis.

An individualized treatment plan of Structural Integrative Manual Therapy is drafted and begun. Typically, the initial plan addresses the neural shock and toxicity, Disruptions of Membrane, and blood supply. Structural techniques for all systems of the body (The Integrated Systems Approach) lead to changes in orthopedic restrictions, sensory deficits, postural alignment and balance, spasticity, and overall strength and function. *Structure dictates function.* Whenever there is an area of the body that is dysfunctional and limited in function, it is always important to begin the treatment process by addressing the structural problems of that area. Once the structure has begun to normalize, function can be addressed optimally.

Bracing and splinting for your protection and alignment is assessed throughout your program. Nutritional support and education is given to clients and families as well as testing of foods and supplements. Sensory enhancement, reduction of synergic spasticity, and strengthening of muscle weakness are assisted with a home program of Threshold Electrical Stimulus (TES) and Neuromotor Electrical Stimulation (NMES).

Function allows ownership of structure. Once the client has begun treatment with Structural Integrative Manual Therapy, Functional Integrative Manual Therapy is implemented. The client begins extensive functional rehabilitation which is progressed throughout the Center-based and home-based program. A personal Pre/Post Video Functional Record is completed initially and repeated every six months. Clients and families appreciate the rewarding digital photographs and video documentation of the rapid performance changes.