



# **Welcome to CenterIMT Mental Retardation Recovery Program**

**CenterIMT has a dynamic, aggressive, and very unique program focusing on optimal recovery for children and adults diagnosed with Mental Retardation. You are encouraged to explore further.**

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- **Integrative Diagnostics / The Integrated Systems Approach**
- **Quadrennial Planning**
- **Biopsiography 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 Pediatrics  
at [cimatlanta@aol.com](mailto:cimatlanta@aol.com).**



# CenterIMT Mental Retardation Recovery Program

## Mission Statement / Philosophy

The **GOAL** of the Mental Retardation Recovery Program:

To restore health, hope and optimal function to all children and adults diagnosed with Mental Retardation.

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

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

### **PHILOSOPHY:**

The Mental Retardation team strongly believes all clients diagnosed with Mental Retardation have the potential for recovery, past the traditional predictors of outcome. We believe there is no one single answer for Mental Retardation; however, with a combined approach of treating the entire body, we know recovery is possible. Because it is vital for the children and adults diagnosed with Mental Retardation 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 Mental Retardation Recovery Program

## Developers

Centers for Integrative Manual Therapy is a world wide healthcare organization offering therapy for children and adults diagnosed with Mental Retardation. 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 Mental Retardation 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 Mental Retardation 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 Mentally Retarded children and adults since 1983. 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*.



**Ayelet Giammatteo Weiselfish, P.T., I.M.P.,C.**

Ayelet Giammatteo Weiselfish is Director of Pediatrics for CenterIMT. She graduated from University of Hartford with a Bachelors Degree in Physical Therapy. Her clinical experience has been ongoing since 1995 in a diverse client population. Ayelet has been studying Integrative Manual Therapy since 1995. She has been teaching nationally and internationally for DCR since 1999. Ayelet works primarily at CenterIMT Bloomfield, CT and travels extensively to work at other CenterIMT locations. She is currently working on her doctoral studies in neuro rehabilitation.

In addition to Ayelet's clinical roles at CenterIMT, she also is the Director of Product Development for Dialogues in Contemporary Rehabilitation (DCR) and CenterIMT. Ayelet is personal assistant and liaison to Sharon Weiselfish Giammatteo. She has also edited recent books that Sharon has written and is currently in the process of editing more. In addition to her clinical and administrative roles, Ayelet has medically illustrated two of the books that are currently in print.



**Kris Albrecht, M.A., P.T., I.M.P.,C.**

Kris Albrecht is Director of Total Quality Management for Patient Care Results for CenterIMT, as well as Director of the Cranial Therapy Program for DCR. She holds a B.S. in Biology and Chemistry, M.S. in Physical Therapy. Kris has been Involved in Integrative Manual Therapy since its inception in 1984. Prior to joining Regional Physical Therapy in Bloomfield, CT in 1988, Kris was a Teaching Fellow in Gross Anatomy at Boston University, helped implement an outpatient Cardiac Rehab program and developed an orthotic/podiatric rehab program. She began teaching Integrative Manual Therapy for DCR in 1990.



# CenterIMT Mental Retardation Recovery Program

## Specifics

CentersIMT are successfully assisting with the optimal habilitation of children and adults diagnosed with Mental Retardation from around the world. All children and adults with Mental Retardation begin with a thorough initial evaluation utilizing Integrative Diagnostics and The Integrated Systems Approach. Assessment is pivotal and on-going throughout the Mental Retardation 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.