

Welcome to Synapse!

Let us introduce ourselves! We are a team of expert neurologic clinicians that guide our clients to move better, live stronger, and maximize their independence. Our comprehensive rehab team is made up of physical therapists, occupational therapists, speech therapists, and wellness coaches.

We are so glad you are here and are honored you have chosen us to be a part of your rehab journey!



Our Mission & Values

Connection – We listen, build relationships, and understand the person behind the diagnosis. We not only connect you to new resources, professionals, and others with your diagnosis; we also help you create a thriving active lifestyle allowing you to stay connected to the people, places, and activities you love.

Empowerment – We give you the knowledge, tools, and confidence to take an active role in your health. We walk alongside you as you learn how to take control back over your mobility, well-being, and life.

Excellence – We provide evidence-based, innovative, dynamic solutions to functional limitations through exercise, education, and encouragement. We are experts and strive to provide you with a therapy experience unlike anything you've ever had by adhering to the highest standard of neurological rehabilitation.



Your Plan of Care

Your first visit with us will be your *initial evaluation*. During this visit we will talk with you about your current diagnosis, functional abilities, and personal mobility goals. We will perform a thorough objective assessment that looks at your baseline strength, endurance, balance, posture, walking ability, etc. This helps us track your progress and response to treatment. Based on the evaluation, we will determine your *treatment plan*.

Your treatment plan is individualized to you – no two patients have the same plan! The plan includes a frequency and duration of therapy, as well as the interventions and approaches we will take in helping you achieve your goals. Your treatment may include any combination of the following:

- Amplitude Training (LSVT and PWR)
- Gait and Balance Training
- Fall Prevention and Fall Recovery
- Strength and Mobility Training
- Posture Work
- Vestibular Rehab

- Dystonia Management
- Sensory Re-Training
- Pain Management and Relief
- Dry Needling
- Cognition and Dual Task Training
- Speech, Swallowing, and Breath Training
- Home Safety Assessments
- Education
- Caregiver/Family Training

After 10 visits or 30 days (depending on your insurance), we will do a *progress assessment*. We subjectively and objectively check in to see how you are responding to therapy and your overall progress towards your initial goals. This reassessment helps us determine whether the current plan remains appropriate. We may continue the course, modify the plan of care, or discharge from therapy. Treatment isn't simply about a predetermined, set number of visits - It is tailored to you and your response to therapy!

After you have completed your plan of care, or it is deemed therapy is no longer skilled or medically necessary, you will be *discharged*.



Understanding Insurance & Your Plan of Care

While your rehabilitation is based on your needs, your insurance coverage can affect how long skilled therapy can continue. At Synapse, our goal is to provide skilled therapy for as long as it is **medically necessary** and **beneficial**. However, we must adhere to the limitations and requirements set in place by Medicare.

When Medicare (and Medicare Advantage plans) no longer pays for skilled therapy services:

- You have returned to your prior level of function or are scoring normal on objective tests
- You are no longer responding to therapy or making measurable, significant progress
- You are not coming to therapy consistently enough to be considered 'medically necessary.' For example, you are frequently cancelling or have gaps in your treatment.
- You are not able to carryover skills learned from therapy to home, either due to cognitive impairment, comorbidities, or lack of motivation.
- You are not actively engaging in therapy or adhering to your home exercise plan. You must 'do the work' outside of therapy sessions for therapy to actually work!
- We have taught you (or a family member/caregiver) all the skills, movement strategies, and exercises we know. You no longer need us!
- If your family member or caregiver could do the exercises with you. Insurance won't pay a skilled therapist to do what a personal trainer or other member of your family/healthcare team could do.



“But Why Am I Being Discharged If I Still Have _____?”

Even if you have a chronic, progressive disease, skilled PT is not always appropriate or an indefinite service. You WILL reach a point where you will take a break from therapy. The WHEN is individualized, but largely based on the above points.

Our goal is not to keep you dependent on therapy. Our goal is to help you become as independent, confident, and capable as possible — and to give you the tools to maintain your progress.

Being discharged from therapy does not necessarily mean you are "done" with exercise. In fact, it is just the opposite – it is time for YOU to take control and implement what you have learned. But don't worry - we have resources to help support you after your therapy plan of care has ended.

Your discharge plan will include one or more of the following:

- Independent home exercise program
- Wellness sessions at Synapse
- Group classes at CFMC
- Support groups
- Online exercise resources



Your Role in Rehabilitation

The most successful rehabilitation happens when we work together!

You are responsible for:

- Participating actively in sessions
- Completing your home program as prescribed
- Communicating changes in symptoms
- Asking questions
- Practicing mobility strategies outside of therapy
- Attending appointments consistently

If a caregiver, spouse, or loved one partners with you in managing your healthcare, it is important they attend your therapy sessions with you. At minimum, we require attendance from your support team on evaluation, progress assessments, and discharge assessments to ensure they are up to date with your care plan.

We provide the expertise. You provide the effort. Together, we create progress.