

ABLE

Activity Based Locomotor Exercise Program

An intensive fitness program for people with paralysis or neurological conditions



Courage Center's ABLE is a community-based fitness and wellness facility of the Christopher & Dana Reeve Foundation's NeuroRecovery Network with additional support from the Centers for Disease Control (CDC).

Do you want to be stronger?
Healthier? Even more independent?



Are you ready? Courage Center is ABLE

Activity Based Locomotor Exercise (ABLE) incorporates the latest scientific research in an innovative wellness and fitness program for people with paralysis and other neurological conditions. ABLE incorporates movement training, functional electrical stimulation (FES), and other fitness activities that challenge your muscles appropriately.

You will work with a customized exercise program to achieve your goals using state-of-the-art equipment and assisted by professionally trained, experienced staff.

Locomotor Training with Over Ground Activities

Movement training includes stretching prior to your treadmill session — 45 minutes on a body weight-supported treadmill with the assistance of a minimum of four fitness specialists — followed by 30 minutes of over ground activities off the treadmill.

Cost: \$2,100 for 3 sessions per week for four weeks

\$1,400 for 2 sessions per week for four weeks

Single sessions may be scheduled as available, one week in advance.

Cost: \$175 per session

Functional Electrical Stimulation (FES)

Using the FES bike may improve your cardiovascular and bone health, decrease skin breakdown and spasticity, and increase your range of motion.

FES may include one or more of the following options:

- Lower Extremity: Electrodes are placed on the muscles of your legs
- Trunk: Electrodes are placed on your trunk muscles in conjunction with some select arm or leg muscles
- Upper Extremity: Electrodes are placed on specific muscles of your arms

Cost: \$120 per single session



Guided Exercise

Guided exercise includes individual instruction and assistance from a fitness specialist. Sessions may include strengthening and/or cardiovascular exercise. A variety of specialized exercise equipment and customized exercises address your individual needs. Equipment may include, but is not limited to: WAVE ProElite, UpperTone, Paramount, VitaGlide, Giger MD, Total Gym, Bioness and Stiwell e-stim.

Cost: \$75 per single session

Discounts

To maximize your program benefits we recommend high-intensity, activity-based exercise 3-4 hours a day, 3 days a week for 12 weeks. This recommendation is based on the most current scientific research regarding the level of intensity needed to achieve results. Receive a 10 percent discount when purchasing two or more interventions 3 days per week with advance payment for a 12-week commitment.

Golden Valley..... Contact: Rachel Kath-Dvorak, 763-520-0600
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"It benefits my entire body. My lungs, arms, legs, torso, back, shoulders, neck – even my internal organs perform in their natural state – upright and walking... We've learned that my quads are firing, in other words the nerves are alive and willing to work if we can just retrain them... All this tells my therapists – and me – that I have not yet peaked; I'm still making progress toward regaining my ability to walk."

– Brendan Loney



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