

Price List and Program Descriptions

NSA's Signature Program

Intense Activity Based Therapy,(IABT), 2-4 hr sessions, 2-3 days/wk

(The Most Popular) The activity based therapy protocols are individually tailored to each client to increase the probability of recovery. IABT program integrates the latest advancements in technology for re-establishing motor pathways and strengthening existing signals instead of utilizing compensatory strategies to accomplish a task. IABT activates the neuromuscular system in order to retrain the central nervous system to recover function of a specific motor task. Weight-bearing exercises and motor skills training helps to decrease spasticity and ignite the neural patterns that can eventually lead to voluntary motor control. It draws on the central nervous system's ability to spontaneously regenerate (neural plasticity) in response to high-intensity physical activities.

IABT \$100/hr

Cost of the Program. Training rate is \$100.00 per hour. Cost is based on the number of hours per day, per week. Additional fees depend on the program you choose. All payments will be paid up front week to week. A 10% discount is applied after 100 hours. A 15% discount is applied after 150 hours.

Program Description: IABT therapy protocols are individually tailored to each client to increase the probability of recovery, as well as restoring their hopes and dreams that were once lost. The program integrates the latest advancements in technology. IABT focuses on re-establishing motor pathways and strengthening existing signals instead of utilizing compensatory strategies to accomplish a task. The theory behind IABT is to activate the neuromuscular system in order to retrain the central nervous system to recover function of a specific motor task. Weight-bearing exercises and motor skills training helps to decrease spasticity and ignite the neural patterns that can eventually lead to voluntary motor control. It draws on the central nervous system's ability to spontaneously regenerate (neural plasticity) in response to high-intensity physical activities like cycling and treadmill training. Locomotor training is a form of activity based therapy that re-teaches walking by using a treadmill system in combination with manual assistance by specially trained staff. Locomotor training is a vigorous and repetitive type of exercise which can activate dormant nerve pathways through stimulation of the muscles and nerves below the injury site or affected area. It leads to enhanced neural communication as well as improvements in the ability to walk and stand, while simultaneously diminishing the detrimental consequences of physical inactivity. Some of these issues that are typically caused by a sedentary lifestyle can range from cardiovascular disease to osteoporosis, from incontinence to pressure sores.

Optional Programs

Basic Access Membership (Continuous for Six (6) Months)

- All Access- Basic Membership: \$75.00/Month

Guided Exercise-2hr session

- GT1 \$500/mth. (8 hrs/ mth.), (1 hr of GT1 & 1 hr of FES/wk.) (Saving \$300)
- GT2 \$1000/mth.(16 hrs / mth.), (2 hrs of GT2 & 2 hrs of FES/wk.) (Saving \$600)
- GT3 \$1600/mth.(24 hrs/ mth.), (3 hrs of GT3 & 3 hrs of FES/wk.) (Saving \$800)

NMES-Neuromuscular Electrical Stimulation-1.5hr session

- NMES 1: \$500.00/ mth. (6 hrs/ mth.), (1 Days/wk). (Saving \$100)
- NMES 2: \$900.00/ mth. (12 hrs/ mth.), (2 Days/wk). (Saving \$300)
- NMES 3: \$1300.00/ mth. (18 hrs/ mth.), (3 Days/wk). (Saving \$500)

Locomotor Training-1.5hrs of Walking & 1hr of FES per session

- LT2: \$1,100.00/ mth. (2 Days/wk), 8 Days/ mth. (Saving \$900)
- LT3: \$1,600.00/ mth. (3 Days/wk) 12 Days/ mth. (Saving \$1400)

RT300-(Restorative Therapy Electrical Stimulation Bike)-1hr session

- RT3: \$150/wk, \$50/hr (3 Days/wk)

RT200-(Restorative Therapy Electrical Stimulation (Cross Pattern Recumbent))-1hr session

- RT2: \$225/wk, \$75/hr (3 Days/wk)

RT600-(Restorative Therapy Electrical Stimulation Walking Elliptical)-1hr session

- RT6: \$300/wk, \$100/hr (3 Days/wk)

Quadriciser (Robotic Therapy System, Cross Pattern)

- Q1: \$50/hr

Machine / Mat Table Word

- \$75.00/hr

A La Carte

- One (1) Guided Exercise: \$75.00/HR
- One (1) RT300 FES: \$50.00/HR
- One (1) LT: \$150.00/Session

OPTIONAL PROGRAM DESCRIPTIONS

BASIC MEMBERSHIP: This membership allows the member full use of all weight and cardio equipment in the gym (excluding FES, Quadrisicer, Locomotor Treadmill). In addition, there will be staff available to assist with weight usage and client transfers to equipment as required. You are charged on a monthly basis, in advance; whether one or 30 days' attendance.

GUIDED EXERCISE (GE1/GE2/GE3): 2 Hour Sessions- These memberships are designed to provide 1-on-1 or even 2-on-1 attention to clients who require or desire additional support during activity sessions and to help them achieve their goals. The GE1 program will provide the member with 1 hour of guided exercise time per week, plus 1 hour of functional electrical stimulation RT300(FES) cycling per week. The GE2 program will provide the member with two hours of guided exercise per week, plus two hours of functional electrical stimulation RT300(FES) cycling per week. The GE3 program will provide the member with three hours of guided exercise per week, plus three hours of functional electrical stimulation RT300(FES) cycling per week. All three memberships also include the same rights and privileges as an "All Access Basic Membership". NSA schedule permits to supplement any other level of membership you are currently contracted for.

NEUROMUSCULAR ELECTRICAL STIMULATION (NMES 1/2/3): 1.5 Hour Session-Neuromuscular Electrical Stimulation, an activity-based therapy, provides high frequency, wide pulse width, task specific stimulation to generate a motor output while increasing the central state of excitability in the spinal cord. Neuromuscular electrical stimulation is provided via the Restorative Therapies Incorporated Sage unit with use of 12 lead wires to 12 different muscle groups based on the targeted item from the Neuromuscular Recovery Scale. Tasks are performed with and without stimulation to transfer the improved neuromuscular capacity into the home and community environment.

LOCOMOTOR TRAINING (LT): 2.5 Hour Session-This membership is designed to provide Locomotor Training; this intervention is the best way we know how to help "retrain" the body to walk again. It also has been proven to greatly improve the cardiovascular health, blood pressure, and other typical ailments such as skin breakdown of wheelchair dependent people. The LT sessions include 15 minutes of range of motion, up to 45 minutes of Locomotor Treadmill walking, and 30-minute of over ground training - which pushes the nervous system after you've activated it while weight bearing on the treadmill. Included in each session of the LT package you get 1 hour of FES and privileges as an "All Access Basic Membership". In the event of circumstances beyond NSA's control including but not limited to equipment malfunction, trouble shooting, and maintenance. NSA reserves the right to substitute FES or Guided Exercise for your LT.

RT300: 1 Hour Session-The RT300 is a functional electrical stimulation bike that initiates muscle contraction with electrical stimulation, (FES) applied to the specified muscles. It can be used individually as an arm cycle, leg cycle, or combined arm and leg. FES is a well-established rehabilitation technique that uses pulses of electrical current to stimulate peripheral nerves (the "lower motor neurons" that connect the spinal cord to muscles) generating muscle contractions and patterned muscle activity. RT300 creates patterned movement in the arms, legs and trunk.

<https://vimeo.com/123849479>

RT200: 1 Hour Session-One Hour Session-The RT200 is a recumbent elliptical which provides FES for upper extremity, lower extremity or both simultaneously. FES is a well-established rehabilitation technique that uses pulses of electrical current to stimulate peripheral nerves (the "lower motor neurons" that connect the spinal cord to muscles) generating muscle contractions and patterned muscle activity. RT200 creates a cross patterned movement in the arms, legs and trunk. In people with weak or paralyzed muscles, FES enables muscles to work and perform activities.

<https://vimeo.com/152994761>

RT600: 1 Hour Session-The RT600 is a partial body weight supported FES stepping system. The FES is automatically controlled to achieve the targeted weight bearing. Independent motor control of footplates creates a *virtual ground* to step on. The RT600 utilizes a harness that lifts a client into a standing position while lower legs and feet are hooked into foot cradles and the muscles are stimulated and fired in the closest walking pattern to date. Primarily only leg muscles are stimulated in this machine. <https://vimeo.com/117337175>

QUADRICISER: 1 Hour Session-The Quadriciser is a Robotic Therapy System that gently moves all four limbs to provide a variety of targeted therapies using Continuous Passive Motion. The Quadriciser is designed to move the arms and legs in patterns that closely simulate walking and crawling. These motions are very natural to the body. Users who find it difficult or impossible to move on their own often report great benefit. https://youtu.be/yFnQ89UCY_I

MACHINE, MAT AND TABLE WORK

This program includes one on one attention from one of our trained SCI specialists. The program is designed to get the client into weight bearing postures to improve neuromuscular function of the areas below the level of injury. Table Work is also integrated with the use of small pieces of equipment to aid in gaining proprioceptive feedback of ones body while performing work. This benefits the client is way by affecting their physical ability thereby positively affecting their daily quality of life.

CLIENT EVALUATION

There is an initial evaluation fee of **\$100.00** for (up to) 90-minute evaluation session due and payable on the day of evaluation. Any individual who would like to be considered for membership must complete the evaluation. New evaluations must be performed and paid for by any individuals whose membership is non-continuous for 12 months.

DESCRIPTION OF FACILITIES

All Basic Members are entitled to use the general gym equipment (excluding FES and Locomotor Treadmill and Quadriciser unless identified as such based on your membership). NSA will provide basic assistance to all clients in their use of Atlanta facilities after a full client evaluation and equipment overview is completed with the staff. The facility will provide a variety of cardio and strength training equipment, which is fully-accessible for client usage. For safety of clients and employees alike, individuals including family, friends, nursing staff, caregivers are not permitted on the equipment. NSA strives to provide a safe, clean and efficient operating environment for its staff and clients at all times. _____ (Initial)

MEMBERSHIP COST AND FEES

All program fees must be paid in advance prior to the first day of your session. Cancellations and no-shows are non-transferable to subsequent. If you miss a session, you are not guaranteed a replacement session. If a member must cancel we ask that NSA be notified at least 24 hours prior to the schedule date and time. NSA membership is calculated 25% below the fair market value of the services provided and is not based on the number of sessions in a month. Late cancellation fees may apply. (Cancellations must be made during office hours, 9-5.)

Other Foundations, Funds, Trusts – If payment will be made by a foundation, fund or trust, clients will need to submit invoices to the applicable party allowing enough time so that NextStep Atlanta will receive payment by the due date. NextStep Atlanta reserves the right to sign any invoices that is late more than one week if client cannot be notified.

ANY DONATION OR PAYMENT PAID IN ADVANCE TO A MEMBER'S PROGRAM CANNOT BE REFUNDED UNLESS A MEDICAL CONDITION ARISES, WHERE AS A THEN A CANCELANATION UNDER "MEDICAL CONDITION" MUST BE GIVEN.

_____ (Initial)

ANY PAYMENT PAID IN ADVANCE UNDER A PROMOTIONAL PERIOD WILL NOT BE REFUNDED UNLESS A MEDICAL CONDITION ARISES, WHERE AS A THEN A CANCELANATION UNDER "MEDICAL CONDITION" MUST BE GIVEN.

_____ (Initial)

APPOINTMENT AVAILABILITY

Upon entering into the Membership Agreement, a member will be provided a schedule with days and times per request. Cancellations and no-shows are non-transferable to subsequent months and non-refundable. If you miss a session, you are not guaranteed a replacement session. If the available times and dates are not suitable, a pay-per-session(s) (PPS) may be purchased. If a member wishes to commit to purchasing individual sessions, NSA will issue weekly invoices for the sessions, which are due and payable prior to the first business day of the week in which the sessions will be completed (see Membership Cost). If a member wishes to change membership type, a written request must be delivered to Client Services Manager. Changes to membership type can only be made after the minimum terms (for LT, NMES and GE) has been fulfilled. _____(Initial)

MEMBER'S RIGHT TO CANCEL

You, the buyer, may cancel this agreement at any time prior to midnight of the fifth business day of NSA's monthly business calendar, excluding Sundays and holidays. To cancel this agreement, a signed and dated notice must be received, which states that you, the buyer, are canceling this agreement, or words of similar effect. Upon such cancellation, all payments made by Member (less payment for any service dates participated) will be refunded within ten (10) days after NSA receives notice of the cancellation. To cancel this membership after the fifth business day of this agreement, written notice of your intention to cancel must be delivered or mailed prior to the first of the month and you must bring your account balance to zero. You are responsible for the full balance of your program period, i.e. hr, wk, mnth, whether the facility programs are used or not. Member agrees to pay charges for services and monthly dues, whether the facility programs are used or not, until termination of membership.

If at any time during this agreement NSA eliminates or substantially reduces the scope of the facilities (see "Description of Facilities" below), Member may cancel this agreement and receive a prorated refund. Such cancellation right is limited by the following: (1) NSA reserves the right, at its sole discretion, to make reasonable changes to the type or quantity of classes or equipment offered to Member; and (2) after providing reasonable notice to Member, NSA. reserves the right, at its sole discretion, to temporarily remove facilities from operation for reasonable repairs, modifications, substitutions, or improvements.

Should Member move further than fifty (50) miles from the facilities and is unable to transfer this agreement to a comparable facility, Member may cancel this agreement and receive a pro rata refund. In such instance, NSA reserves the right to charge Member a cancellation fee of \$100.00 _____(Initial)



CANCELLATION OF MEMBERSHIP BY NEXTSTEP ATLANTA, INC.

NSA reserves the right to immediately terminate the membership of any member engaging in conduct in violation of this contract, or the rules and regulations of NSA. _____ (Initial)

PAST DUE ACCOUNTS / FEES

Membership must remain current to avoid cancellation and loss of privileges to the facility. Basic Membership fees are due on the first of each month. Any membership not paid in full by the 5th business day of the month will incur an additional 10% charge. Unpaid membership dues will be forwarded to a third party collections agency. To rejoin at a later date, all past due fees must be paid as well as a \$100.00 re-registration fee. A fee of \$25.00 will be charged for insufficient funds or returned checks in addition to late fees accrued because of insufficient funds. _____ (Initial)

AUTHORIZATION FOR AUDIO / VISUAL CONSENT

I hereby consent and authorize the taking of photographs, movies, films, videotapes, tape recordings, or reproductions of the persons who are hereby applying for membership and consent to use, copyright, license, publication or broadcast of the same for advertising, educational, promotional, or publicity purposes on the part of the NSA and by its affiliated and associated organizations, including its directors, officers, agents, and employees. I hereby grant and assign to NSA the right, title, and irrevocable authority and interest to such Reproductions. I waive any and all claims for compensation and waive any and all claims related to or arising out of the publication and dissemination of the same of any lawful purposes. I further authorize the communication of information concerning the undersigned in connection with the utilization of such Reproductions by NSA. and its affiliated or associated organizations, and their respective directors, trustees, officers, agents, servants and employees without claim for compensation and waive all claims related to or arising out of the publication and dissemination of the same. _____ (Initial)

CONSENT FOR EMERGENCY TREATMENT

In the event that Member should sustain any injuries while participating in activity or while on the premises of NSA the Member may be examined and treated by health care personnel, including examination at medical facilities. I voluntarily consent to such examination and treatment for the Member, and I release and forever discharge NSA its directors, officers, staff, employees, contracted employees, agents and volunteers from any actions, suits, damages, claims, or judgments that may result from examination and treatment.
_____ (Initial)

MEDICAL CONDITIONS

If you are unable to participate in programs for an extended period of time due to a medical condition, your membership may be placed in an inactive status up to two months after receipt of written documentation from your physician. If you must cancel any membership for medical reasons you will be refunded any unused portion of your contract fees. Each occurrence will be approved on a case-by-case basis upon receipt of documentation from a physician. _____(Initial)

MEMBERSHIP TERM AMENDMENTS

It is fully understood that NSA reserves the right to amend or change these membership terms, and facility rules and regulations, at any time in the best interest of its clients and the organization. _____(Initial)

MEMBERSHIP AGREEMENT

Below are the signatures of all persons applying for memberships who are at least 19 years of age, and signatures of guardians for all persons applying for membership who are less than 19 years of age. **I HAVE READ AND AGREE WITH THE TERMS OF THIS CONTRACT**, and any questions were answered to my full satisfaction. I will follow the NextStep Atlanta, Inc. rules and regulations, amended from time to time, and the NSA failure to timely enforce, in whole or in part, its rights, privileges or powers under this contract shall not operate as a waiver thereof. I have received a copy of this contract. _____(Initial)

CONTINUAL MEMBERSHIP

You will be invoiced on a monthly base for a minimum term entering into this agreement. Unless NSA is provided a written cancellation, member will continue to be billed serving as acknowledgement of continued membership for the same term. _____(Initial)

CHARITABLE FUNDRAISING AND DONATIONS

It is not the practice of NSA to require any Members to participate in charitable fundraising activities on behalf of NSA. There are, however, Members that actively participate in raising funds for NSA activities. The decision to undertake such activities is solely the decision of the Member. NSA will not confer any financial or other benefits upon any Member choosing to engage in fundraising activity. There will be no compensation paid by NSA to any Member that chooses to raise funds. All Member and non-member raised funds will be directed to a general operations fund and all donations entering that fund will be used to further the charitable purposes established by the NSA Board of Directors of its authorized designees" unless the finds are designated to a Member.

PAYMENT

1) **By Credit Card:** Payments will be debited on or about the first of the month for services in support of the contracted membership plan(s) continuously for the duration of the prescribed contract.

 **Initial**

2) **By Check:** (credit card information is required even if you opt to pay by check): If NextStep does not receive payment in full by the 5th day of the month, your credit card will be charged the amount due including any additional fees incurred. Additionally, all subsequent appointments may be suspended without prior notifications. If we are unable to collect the full amount due and your account is not brought current within 30 days, the membership will be terminated and all remaining fees will be sent for collections and member(s) will not be allowed to utilize the gym facility/services.

 **Initial**

Card Type: VISA MC AMEX

Card Number: _____ Expiration
Date: _____

Authorizing _____ Signature:

Billing _____ Email:

(Email address is required as all receipts will be emailed only)

Client _____ Name:

(Please print the name of member to be referenced as "account")

*Members who wish to purchase All Access Basic Membership will be required to provide a credit card on file for automatic debit of membership fees. A photocopy of the card listed above is required in addition to completing this authorization form.

Pre-requisites for Restorative Therapies Machines

Before a client is able to effectively utilize any of the machine memberships they must be qualified to use them.

1. Each client MUST purchase his or her own functional electrical stimulation (FES) pads for individual use prior to first machine use. There is a link provided here for a description and print out of pad prices and where to order them from. It is recommended you purchase 4 packs of (3x4) pads and 2 packs of (2x3.5) pads. Rti-store.com/electrodes
2. Each client must be individually tested for their personal muscular response to electrical stimulation prior to first machine use. This preliminary muscle response test allows the specialists to understand how much electrical stimulation you will need depending on each muscle group and allows the specialist to determine individualized parameters to start as your baseline. The specialist can then determine how each of your sessions will proceed after base findings.
3. After each client is individually tested for muscular response, they will then be put into a trial period with each of the different machines. The restorative therapies machines ascend from complexity of the machine and what each machine targets/does, starting with the RT300, RT200, lastly the RT600.
4. Each client must "graduate" from each machine before they can use the next one. Each client will first start out on the RT300. Once a client is able to sustain a strong electrical stimulation response for at least 20-25 minutes on the RT300, then they will be able to graduate to the RT200 machine.
5. The RT200 is a seated elliptical. In order for a client to graduate from the RT200 they must be able to run the machine without the passive motor help for at least 20 minutes. Once the client is able achieve that power they will be graduated to the RT600.
6. The RT600 is the most advanced electrical stimulation machine in the building. Once a client has reached the RT600 level they are competing against themselves for the best workout and response to the stimulation. The objective here is to exceed the set weight bearing goal while using the least amount of electrical stimulation. The first session on the RT600 will be limited to 15-20 minutes because of the harness the client is put in. The harness can cause rubbing and skin can break. In order to avoid skin breakage there is a time limit. After the first session on the RT600, skin will be evaluated and then time limit can be manipulated depending on the skin condition and bodily response to the therapy. Time duration will gradually increase session to session dependent on bodily response and skin condition.
7. If a client has previous experience with functional electrical stimulation then the order of graduation from each piece of equipment can be adjusted accordingly in those circumstances.