WHAT WE OFFER

We offer comprehensive and individualized Activity-Based Training programs and expert trainers who follow research-based guidelines from the NeuroRecovery Network for optimum recovery of each member.

Our center offers:
Neuromuscular Electrical Stimulation (NMES)
Functional Electrical Stimulation (FES)
Guided Activity-Based Training
Cardiovascular Exercise
and more to come!

OUR STORY

On November 20, 2015, a car merged into Michael Thor, a local chef and restauranteur, while he was on his motorcycle, sending him head first into a utility pole. He suffered a multitude of injuries including a fractured spine at the C2 level.

Paralyzed from the neck down, Michael spent 2 years at the Shepherd Center in Atlanta. To return home to Raleigh, it was essential he was able to continue his intensive Activity-Based Training.

WHO WE ARE

NextStep Raleigh is a non-profit, 3,200 sq/ft, brand new, specialized, progressive and affordable community-based center created to deliver essential rehab and fitness services to the underserved individuals living with paralysis in the Triangle area of NC.
**WHO WE SERVE**

Through our specialized center and our unique expertise, we will strive to improve the recovery, health and independence of individuals living with Spinal Cord Injury (SCI), Stroke, Traumatic Brain Injury (TBI), Multiple Sclerosis (MS), Cerebral Palsy (CP) and other neurological conditions.

**CONTACT US**

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[@NextStepRaleigh](http://www.NextStepRaleigh.Org)
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**LIFTING LIVES TO NEW HEIGHTS**