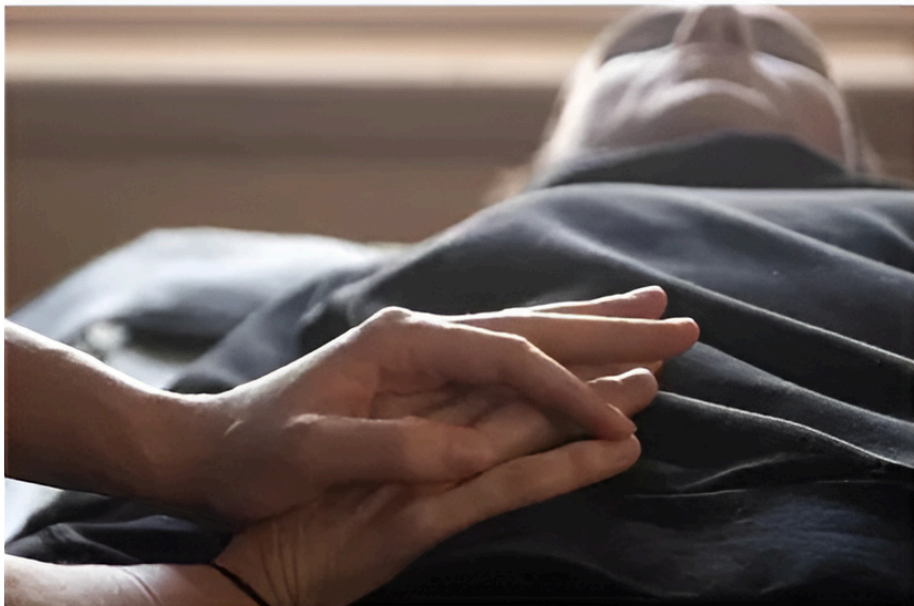




WELCOME TO



EMPIRE THERAPY  
NEUROMUSCULAR REHAB

"We place our trust in God to guide our staff and lead our patients towards greater function"

FOLLOW US

@EmpireTherapy



Phone: (509)701-7651

Fax: (509)279-2636

501 S. Bernard St.  
Spokane, WA 99204

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# TERMS TO KNOW

## REFLEX

An involuntary sensory-motor circuit within the body.

## REFLEX INTEGRATION

When a reflex no longer demonstrates active movement but runs in the background supporting daily function.

## SENSORY

A physical sensation transmitted or perceived through touch, vibration, pressure, vestibular input(movement), and proprioceptive input.

## NERVOUS SYSTEM

Includes the brain, spinal cord, and a complex network of nerves, facilitating communication between the brain and the body.

## PERIPHERAL NERVOUS SYSTEM

The nervous system outside the brain and spinal cord.

## PROPRIOCEPTION

Body's ability to sense its precise location at rest and during movement.

## VESTIBULAR SYSTEM

A complex sensory system that regulates balance and spatial orientation.

## MOTOR RESPONSE

The physical output from the body.

# Our

1

## WHAT ARE PRIMITIVE REFLEXES?

Primitive reflexes are automatic, instinctual movements that babies are born with. They help infants survive and develop basic skills like sucking, swallowing, and crawling. As we grow, these reflexes should be used to support function and integrate into more controlled movements.

2

## WHY ARE THEY IMPORTANT?

Primitive reflexes lay the foundation for higher level skills. Reflex Integration is an evidence based treatment used for development, recovery from injury, and neurological conditions. Our trained therapists will evaluate and work with each one to improve each circuit of the nervous system.

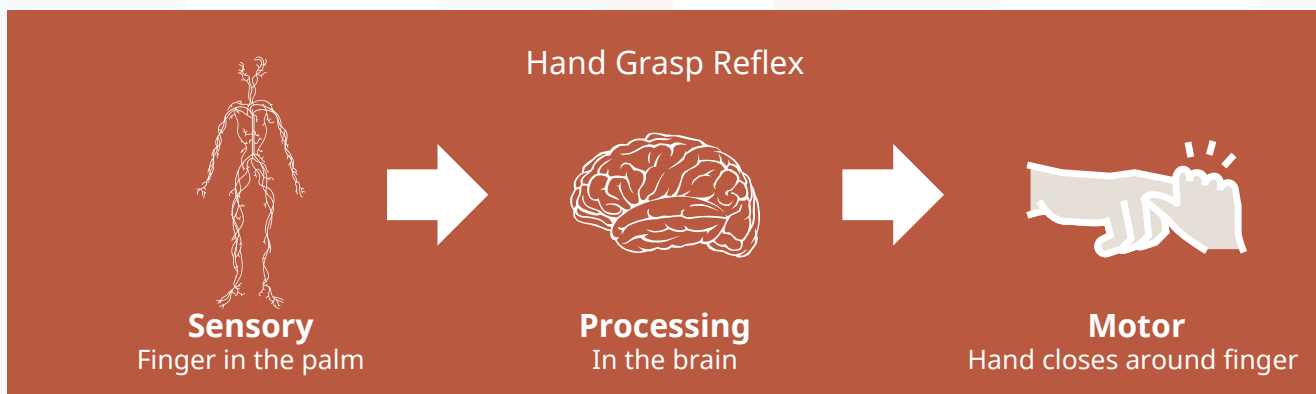
3

## HOW CAN EMPIRE THERAPY HELP?

At Empire Therapy we have physical, occupational, speech therapists and lactation specialists who specialize in primitive reflex integration. We work with all ages to help your reflexes develop into more refined movements. Our hands on approach with a primary focus on the brain stem and nervous system encourages the brain and body to work together, promoting better coordination, focus, overall development, and recovery.

# Method

**PRIMITIVE REFLEXES** are a three-part circuit within the nervous system. It begins with sensory information via the peripheral nervous system (all the nerves outside the brain and spinal cord), it then processes in the brain, then produces a specific motor response.



The example above is one of 20 primitive reflex patterns in the human body. They act like building blocks for things we do every day, such as walking, writing, working, playing sports and developing correctly. Sometimes, these reflexes don't go away on their own, and that's where a therapist comes in to help integrate them.

## EMPIRE THERAPY'S EXPERTISE

We're committed to delivering top-notch patient experiences, and to enhance your success in our program. Here is a glimpse into our our dedication!

**178**  
COMBINED  
YEARS OF  
EXPERIENCE

**15,000**  
HOURS OF  
CONTINUED  
EDUCATION

**5**  
COURSES  
CREATED





# UNLOCK YOUR FULL POTENTIAL

## THROUGH NUTRITION + HOME PROGRAM

All patients should be on an anti-inflammatory diet. COR houses functional medicine practitioners who can set up a specific diet plan according to the testing they provide.

## THINGS TO AVOID

- Food Dyes such as Red Dye 40
- Processed/packaged foods
- Soda
- Fast food
- Seed oils (canola oil, vegetable oil, nut oils, margarine)

### RED DYE 40

A synthetic food dye made from petroleum, Linked to ADHD, hyperactivity, and neurobehavioral effects in children. Should be eliminated from all human diets.

### CARRAGEENAN

A substance extracted from red and purple seaweeds. It is used as a thickening or emulsifying agent in food products and is highly inflammatory.

## Eating Tips

- Go Grain-Free: Try the Paleo Whole 30 diet for a winning boost – especially helpful for concussions and development gaps.
- Choose Organic: When possible, go organic for cleaner, better fuel.
- Swap Carbs for Veggies: Ditch excess carbs, embrace colorful veggies for a tasty and nutritious switch.
- Cut the Trio: Say no to gluten, sugar, and dairy (if sensitive). If dairy's a friend, go organic, free of additives like carrageenan.
- Fuel with Good Fats: Opt for grass-fed butter, coconut oil, beef tallow, and olive oil (keep it cool, never heated).





### **Avoid Screens On Therapy Days**

This gives your brain the chance to rest and process the session without constant stimulation.

Since we are rewiring how the brain functions, it's best practice to steer clear the rest of the day.

On non-therapy days try for no more than 6 minutes on a phone, 30 minutes on a tablet or computer, or 1.5 hours on a TV.

Remember: The smaller the screen, the less you should use it!



### **Commit to Your Home Program**

The more you practice at home, the quicker you'll see results!

In fact, without a home program, progress will slow or stop altogether.

Commit to setting aside just 15 minutes a day for exercises with your child or yourself.

As an adult you can do this solo or with another person if you prefer. The brain needs the same feedback everyday to make lasting and speedy changes.



### **Consistent Session Attendance**

Consistent attendance is crucial for steady progress in building neurological pathways.

Your brain benefits from constant reminders that are provided during appointments and reinforced through your at home program. Attend all your appointments for optimal results.

Skip the fragrance when you come for your session. We are a fragrance free clinic to keep everyone safe!

### **OCULAR LOCK**

When eyes stop moving and become focused on a central point for more than 7 seconds, causing the brain to move into a low brainwave state, making you lethargic.

### **DOPAMINE**

A compound present in the body as a neurotransmitter that plays a role in pleasure, motivation, and learning.

### **DID YOU KNOW?**

The further your eye gaze travels, the longer it takes to go into an ocular lock.



# YOUR GUIDE TO FINANCIAL CLARITY

ENSURING BILLING TRANSPARENCY

At Empire Therapy, we're committed to delivering top-quality therapy without breaking the bank. To keep our services affordable, we work hard to control costs while maintaining excellent care. Here's how we handle the financial side of things:

1

## INSURANCE CLARITY

We want you to understand your insurance and expected costs. Our insurance verification form lets us connect with your insurance provider to clarify your bill.

2

## PAYMENT PROCESS

If you have out-of-pocket expenses, your card on file can be charged for co-pays, deductibles, or co-insurance costs during your visit.

3

## MONTHLY BILLING

At the end of each month, we'll charge your card for any remaining balance. Any credit or remainder will be adjusted after we receive the explanation of benefits from your insurance provider.

We're here to answer any questions you may have about this process. Feel free to reach out to our staff for more information. Your care and understanding are our top priorities.

## TERMS TO KNOW

### CO - PAY

*A flat fee paid on the spot each time you receive a medical service, part of your insurance plan.*

### DEDUCTIBLE

*The amount you pay for covered health care services before your insurance plan starts to pay. After the deductible, you usually pay only a copayment.*

### CASH PAY

*Paying in full at the time of service without using insurance.*

### OUT - OF - POCKET

*Your expenses for medical care that aren't reimbursed by insurance.*

# Navigating The Patient Portal and App: Ocean Friends



Everything you need is now in one place with the **Ocean Friends app!**

Our enhanced patient portal gives parents convenient access to therapy information, secure messaging with our office, online scheduling, and easy payments—anytime, anywhere.

## ACCESSING THE PORTAL ONLINE

Visit **OceanFriends.ai**  
Click **"Patient Login via Phone"**  
Sign in with your phone number

## THE APP

Download the Ocean Friends app for full access to appointment scheduling, secure messaging, home programs, payments, journaling, and more!



## SELF-SCHEDULE

You can self-schedule in the app, making it easy to reschedule existing appointments and stay on track with your care.

## INSTANT MESSAGING

Message the front desk to reschedule appointments, or message your therapist with updates on your progress throughout the week.

## PAYMENTS

Conveniently pay your bills online and print receipts. We value financial transparency, so if anything doesn't make sense, our billing team is just a phone call away!

## APPOINTMENTS

You no longer have to call the clinic to check your next appointment. View all upcoming appointments in the patient portal or Ocean Friends app.

## DOCUMENTATION

If you need a copy of your or your child's evaluation or progress notes for a physician, you can download or print them from the patient portal.

## ADDITIONAL HELP

For more information about using the patient portal or Ocean Friends app, visit **OceanFriends.ai**.





# OCCUPATIONAL THERAPY

## OCCUPATIONAL THERAPY

Think of occupations as the vibrant tapestry of activities that color our lives – from the must-dos to the wanna-dos and everything in between! Now, enter the world of occupational therapy – the science that turns everyday tasks into a life that we enjoy living.

Occupational therapists skillfully enhance the experience of participating in daily activities. They understand that your abilities, the task itself, and the environment all play crucial roles in this process. Together, these elements work in tandem to optimize engagement, making occupational therapy a tailored and effective approach to improving daily life for the whole person.

### **OT - Occupational Therapist**

An entry level OT has completed a masters or doctoral program in occupational therapy and passed a licensing examination. They perform evaluations, treat patients and supervise aides as well as occupational therapist assistants.

### **COTA - Occupational Therapist Assistant**

A professional who has completed an associates degree in occupational therapy and passed a licensing examination. They treat patients within the plan that the occupational therapist establishes and can supervise aides.

### SYMPTOMS AN OT CAN HELP IMPROVE:

- Fine Motor Control
- Gross Motor Milestones
- Visual Impairments
- Visual Motor Integration
- Oral Motor
- Sleep
- Behaviors
- Feeding/Eating
- Anxiety
- Sensory
- Sensory-Motor
- Anti-Bullying
- Incontinence
- Concussion Management
- Vestibular Rehab
- Trauma
- Attachment
- Torticollis
- Plagiocephaly
- Neurological Disorders

# PHYSICAL THERAPY

## SYMPTOMS A PT CAN HELP IMPROVE:

- Access to play
- Gross motor milestones
- Balance
- Equilibrium
- Toe walking
- High/Low muscle tone
- Vestibular Rehab
- Concussion Management
- Head Lag
- Torticollis
- Plagiocephaly
- Head Shape Abnormalities
- Frequent Falls

## PHYSICAL THERAPY

Physical therapists are the guiding light on the path to long-term health benefits. They meticulously assess each individual, crafting personalized plans that harness treatment techniques to boost mobility, alleviate pain, restore function, and prevent disability.

In the realm of injury and illness, physical therapists play a pivotal role in enhancing movement and alleviating pain. Their expertise extends to being a crucial component in preventative care, rehabilitation, and the comprehensive treatment of individuals grappling with chronic conditions or injuries..

### **PT - Physical Therapist**

A professional who has completed a masters or doctoral program in physical therapy and passed a licensing examination. They perform evaluations, treat patients and supervise aides and physical therapist assistants.

### **PTA - Physical Therapist Assistant**

A professional who is educated and licensed in clinical practice who provides care under the direction and supervision of a license physical therapist.

# SPEECH THERAPY

## SPEECH THERAPY

Speech-Language Pathologists (SLPs) are professionals who excel in addressing communication and swallowing challenges. They focus on treating conditions that effect articulation, focusing on refining speech sounds and sound production. They also provide support for individuals facing difficulties in feeding, eating, and managing oral/motor coordination. SLPs play a vital role in enhancing language skills, aiding in word finding, and addressing social communication difficulties, including social interaction challenges. SLPs strive to improve overall communication abilities, cognitive function, and emotional well-being.

### SLP - Speech Language Pathologist

A professional who has completed a masters or doctoral program in speech therapy and passed a licensing examination. They assess and treat people who have speech, language, voice, and fluency disorders. They also treat clients who have problems swallowing.

### SLPA - Speech Language Pathology Assistant

A professional that supports following academic coursework, fieldwork, and on-the-job training, perform tasks prescribed, directed, and supervised by ASHA-certified speech-language pathologists.

### SYMPTOMS AN ST CAN HELP IMPROVE:

- Articulation
- Feeding/Eating
- Oral/Motor
- Language
- Word finding
- Social communication
- Social interaction
- Literacy impairments
- Voice difficulty
- Cognitive impairments
- Learning disabilities

# CONCUSSIONS

## TERMS TO KNOW

### **TBI- TRAUMATIC BRAIN INJURY**

A brain injury caused by an outside force. Symptoms can be immediate or delayed and may include: confusion, vision changes, emotional lability, headache, neck pain, sensitivity to light and noise, difficulty concentrating.

### **INFLAMMATION**

A response to cellular injury characterized by redness, swelling, heat, pain and loss of tissue function.

### **BEMER**

Stands for Bio-Electro-Magnetic-Energy-Regulation. This machine uses low frequency, pulsed magnetic fields to safely stimulate local blood flow to regenerate and repair tissue that has been damaged.

### **HYPERBARIC CHAMBERS**

The air pressure inside the chamber is raised to a higher than normal air pressure increasing the amount of oxygen the lungs are able to collect. It breaks the cycle of swelling and helps repair tissues.

### **NEUROPATHWAYS**

Pathways in the body that bring sensory information from the body up to the brain and motor information from the brain back down to the body.

## Concussion Care

A concussion is a traumatic brain injury that affects your brain function. Symptoms are usually temporary, but can include headaches and problems with concentration, memory, balance, and coordination. We specialize in the nervous system and want to see you as soon as possible!

Our concussion therapists use treatment methods to re-educate the nervous system and facilitate neuropathways to heal around the brain injury. We also help patients decrease inflammation with diet and modalities like the BEMER and Hyperbaric Chambers.

**IF YOU HAVE A CONCUSSION  
WE WANT TO GET YOU IN ASAP**

### ATTENTION ATHLETES!

Safeguard your peak performance with a baseline brain function screening. It's a vital reference point in case of a concussion, ensuring personalized care and a smoother recovery so you can perform at your best!

### **BOOK YOUR SCREENING NOW**

(509)701-7651  
[office@empiretherapy.net](mailto:office@empiretherapy.net)





# LACTATION

## LACTATION

We consider feeding the first development milestone. We know that many people struggle to get into a comfortable feeding routine. Our lactation professionals specialize in assisting mother and baby in becoming an efficient breastfeeding dyad.

Our lactation specialists are able to trouble-shoot difficulties with positioning and latch, help improve milk supply, assist with pumping and storing milk, bottle feeding, and transitioning back to work. We aim to help families meet their feeding goals.

### **IBCLC - INTERNATIONALLY BOARD CERTIFIED LACTATION CONSULTANT**

A health professional specializing in management of breastfeeding who have received advanced training and clinical experience and have passed an international board exam.

### **OT - OCCUPATIONAL THERAPIST**

A health professional specializing in supporting infant feeding and development through a functional, whole-body approach. Occupational therapists with lactation training have additional education and clinical experience in breastfeeding and bottle feeding, including oral motor skills, positioning, latch, and caregiver-infant interaction. They focus on helping infants feed effectively while also supporting caregiver confidence and overall development.

### **CBS - CERTIFIED BREAST FEEDING SPECIALIST**

A health professional who has completed additional training showing expertise in the normal course of breastfeeding.

### **SYMPTOMS A LACTATION SPECIALIST CAN HELP IMPROVE:**

- Breast Feeding
- Bottle Feeding
- Poor Latch
- Slow Feeding
- Tongue Tie
- Clicking/Popping
- Lip Tie
- Lip Blisters
- Breast Pumps
- Poor Weight Gain
- Low Milk Supply
- Painful Nipples
- Feeding Multiples
- Torticollis
- Milk Spilling
- Colic

# 2026 RESCHEDULING POLICY

## RESCHEDULING POLICY

At Empire Therapy, we strive to provide the best therapy for all of our patients. In order to reach each person's therapy goals, it is invaluable that we have consistent attendance to appointments, as well as a strong home program.

After your first appointment at Empire your doctor signs off on your Plan of Care which is a document for your medical care (medical necessity). Based on your doctor's signature the insurance company agrees to pay for therapy services. If you fall below your advised visits from your Plan of Care, your progress slows and insurance can deny visits based on your attendance to sessions.

If you need to move your regularly scheduled appointment because of sickness or vacation, you are required to reschedule to make sure the Plan of Care is followed (even if that means being seen more than once a week). If you are not able to make up the appointment, a Telehealth appointment can be arranged.

A fee will be applied directly to your account and your credit card will be processed for any appointment not rescheduled (commercial insurances only) for the following prices: \$35/speech, \$70/OT/PT, \$100/ARNP. These fees will automatically apply if you no show for your appointment.

If you do not comply with your Plan of Care, you will join our flex schedule and will need to call us on the day or week you wish to receive therapy to see if there is an opening available.

This policy is in effect as of 1/1/2026, and acknowledged by you when you check in for your appointment.



**EMPIRE THERAPY**  
NEUROMUSCULAR REHAB

# YOUR WELLNESS SUPPORT AT COR

1

## CIRCULATION BOOST

BEMER: Complimentary to all patients and their families.  
Hyperbaric Chamber: Under pressure, oxygen therapy to promote healing

2

## BODY COMPOSITION ANALYSIS

In Body: Enjoy complimentary scans measuring muscle mass and body fat index.  
On the 2nd floor of COR BODY.

3

## NUTRITION SUPPORT

Nutrishop: Access quality supplements tailored for comprehensive nutritional support to reach your goals.

4

## REVITALIZING THERAPIES

HOCATT (Ozone Sauna): Detoxify and rejuvenate with innovative sauna therapy.  
NEAR INFRARED LIGHT: Improve cellular energy production.

5

## INTRAVENOUS WELLNESS

Choose from various IV therapies for personalized health benefits.

6

## SPECIALIZED TREATMENTS

Emsella (first treatment free, a \$200 value), EmSculpt Neo, EmTone, and Molecular Hydrogen Water

7

## PRIMARY CARE PHYSICIANS

Specializing in Functional Medicine as well as Longevity Medicine.

8

## ALTERNATIVE THERAPIES

Explore massage therapy, mental health counseling, structural integration, pilates, yoga, acupuncture and more!

EMSELLA®



## 1 SESSION FREE

*\$200 Value*

BLT Emsella utilizes electromagnetic energy to trigger deep pelvic floor muscle stimulation. Just one session is like doing 11,000 perfect Kegel-like contractions, which help you transfer your muscles without any effort!



## 1 SESSION FREE

*30 Minutes*

*+50% OFF A HYPERBARIC PACKAGE*  
*\*MUST BE A CURRENT EMPIRE PATIENT*

This immersive therapy promotes optimal oxygen saturation in your blood and tissues, fostering rapid tissue repair, suppressing bacterial growth and restoring overall body function

BEMER®



## FREE BEMER SESSIONS

*TO ALL PATIENTS AND THEIR FAMILIES*

BEMER therapy delivers pulsed electromagnetic waves to stimulate micro-circulation in blood vessels. It allows oxygen to be carried further into the body allowing for massive changes to longevity and recovery for every human!

InBody



## FREE BODY SCANS

*LOCATED ON THE 3<sup>RD</sup> FLOOR*

Find out your body composition with a quick, non-invasive scan. Measures water weight, muscle weight, BMR, fat mass and more!

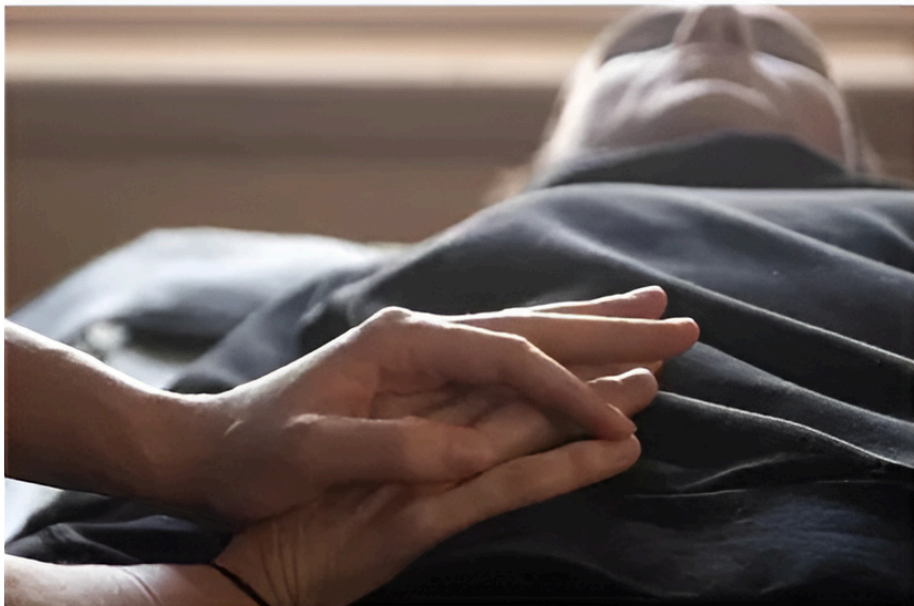
**NUTRISHOP**  
SPORTS NUTRITION • WEIGHT LOSS • WELLNESS

## \$20 TO NUTRISHOP

Access quality supplements tailored for comprehensive nutritional support to reach your goals!

# VOUCHERS





**WE ARE SO GLAD YOU'RE HERE.**



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NEUROMUSCULAR REHAB

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