



WELCOME TO
Empire
THERAPY

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

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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.

NERVOUS SYSTEM

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

SENSORY

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

PROPRIOCEPTION

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

PERIPHERAL NERVOUS SYSTEM

The nervous system outside the brain and spinal cord.

VESTIBULAR SYSTEM

A complex sensory system that regulates balance and spatial orientation.

MOTOR

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.

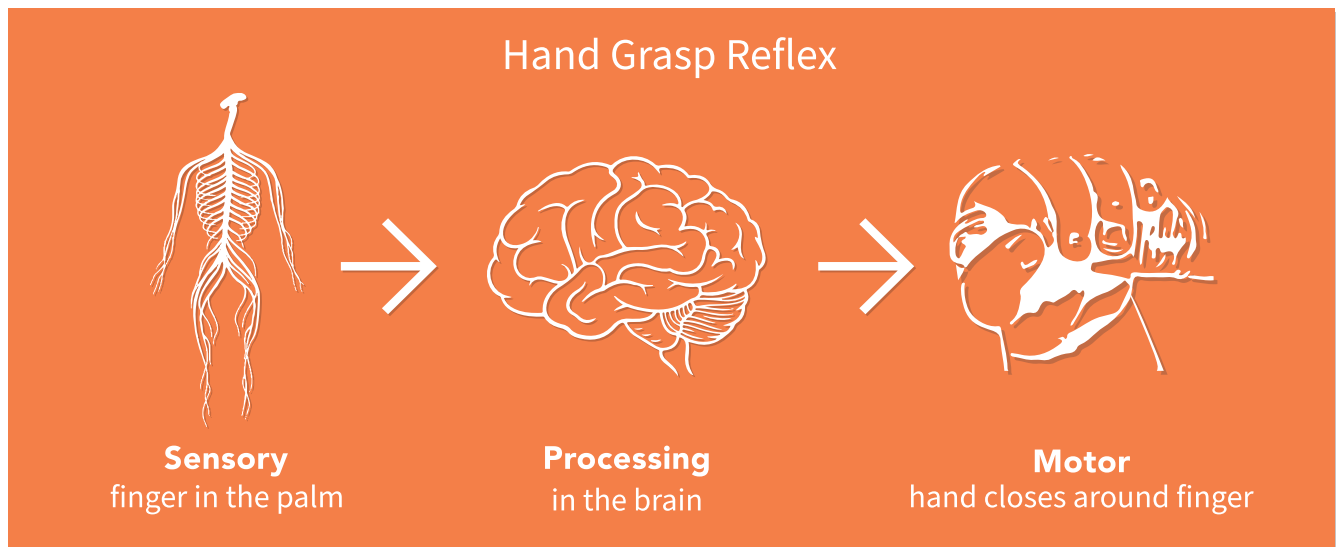
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HOW EMPIRE THERAPY CAN HELP?

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'S EXPERTISE

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





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.

We are YOUR recipe support!

Follow our Social Media for quick and easy recipes- because good food doesn't have to be complicated!

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 your 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-pay, deductible, or co-insurance 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: FUSION

We now have a new patient portal through Empire's electronic medical record system (FUSION) for your convenience! This secure platform allows you to access important therapy information and make payments anytime, anywhere.

ACCESSING THE PORTAL

Visit app.fusionwebclinic.com/portal
Log in with your email address and the password you created during account setup.

DOCUMENTATION

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

MESSAGE YOUR PROVIDER

Reach out to your provider with questions or concerns through a HIPAA compliant messaging system through the portal.

ACCOUNT MANAGEMENT

Keep track of your invoices and account balance in one place.

PAYMENTS

Conveniently pay your bills online and print a receipt. You can even save your card on file for quicker payments next time!

APPOINTMENTS

You no longer have to call the clinic to check when your next appointment is. All upcoming appointments can be viewed on the portal.

RESETTING YOUR PASSWORD

Click the 'Forgot Password' button on the login page for a password reset email (expires in 2 hrs). Empire Therapy can also email a link to reset your password (expires in 24hrs).

ADDITIONAL HELP

For more information about how to use the portal, click the Help icon in the top right corner.



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



SYMPTOMS AN (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, illnesses, or injuries. With their support, patients embark on a journey towards improved well-being and a life of increased vitality.

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

SYMPTOMS A (SLP) CAN HELP IMPROVE:

Articulation
Feeding/Eating
Oral/Motor
Language
Word finding
Social Communication
Social Interaction
Literacy Impairments
Voice Difficulty
Cognitive Impairments
Learning Disabilities

Speech-language pathologists (SLPs) are professionals who excel in addressing communication and swallowing challenges. Their specialized expertise extends to treating conditions such as 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. Additionally, they contribute to literacy development, assist with voice difficulties, and provide interventions for cognitive impairments, learning disabilities, and speech production issues. SLPs strive to improve overall communication abilities, cognitive function, and emotional well-being.

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.



Concussions

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 neuromuscular pathways 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!
office@empiretherapy.net

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.



Lactation

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

We consider feeding the first development milestone- despite this 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

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

NURSE PRACTITIONER

A registered nurse who has completed either a masters or doctoral program to receive advanced clinical training in order to provide medical care. Nurse Practitioners focus on the health and wellbeing of the whole person by providing health education and counseling as well as diagnostic reasoning.

CERTIFIED BREAST FEEDING SPECIALIST

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



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 1/1/2024, and acknowledged by you when you check in for your appointment.



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 VOUCHER

A \$200 VALUE

BTL Emsella® utilizes electromagnetic energy to trigger deep pelvic floor muscle stimulation.

Just one BTL Emsella® session is like doing 11,000 perfect Kegel-like contractions, which help you train your muscles without any effort.



1 SESSION 30 MIN

+ 50% OFF A HYPERBARIC PACKAGE

*must be a current Empire Therapy 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 for 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 2nd FLOOR

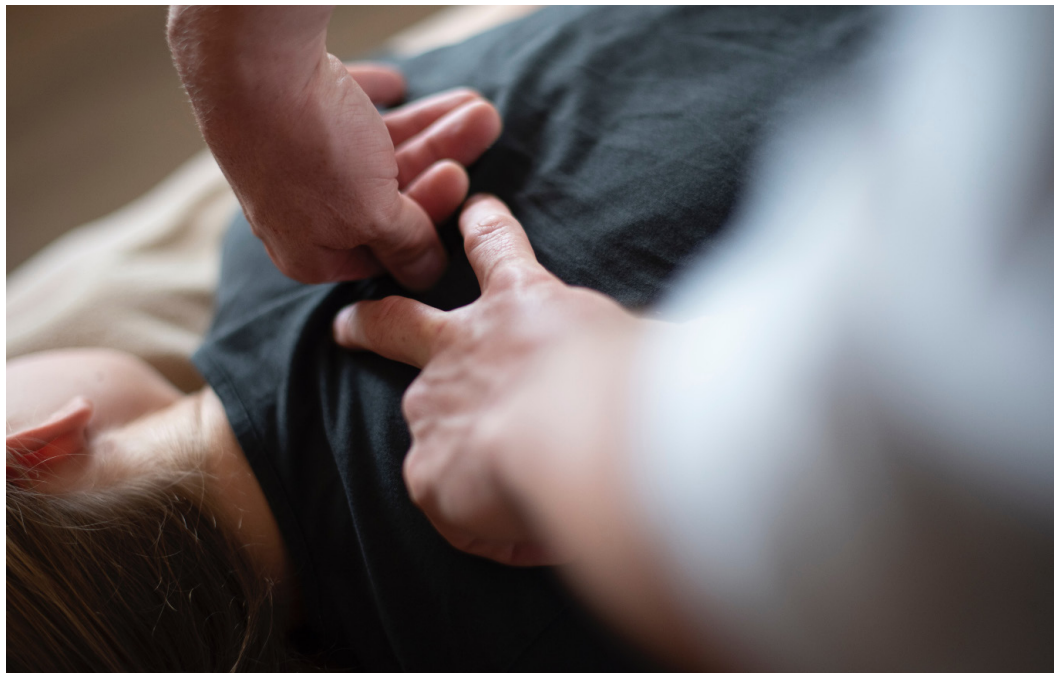
Find out your body composition with a quick, non-invasive scan. Measures water weight, muscle weight, BMR, fat mass, and more!

NUTRISHOP
SPORTS NUTRITION • WEIGHT LOSS • WELLNESS

\$20 TO NUTRISHOP

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

VOICESTARS



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