



Thank you for choosing Empire as your therapy clinic. Empire strives to provide the best patient care possible. In doing so, we have provided you with additional information for increased success through our program.

1. Diet. All our patients should be on an anti-inflammatory diet. We have a Nurse Practitioner on staff who is happy to help you navigate food choices and family dynamics. COR Institute also houses functional medicine practitioners who can set up a specific diet plan according to the testing they provide, located on the 2nd floor.
 1. General Diet Guidelines
 1. Gluten Free, Casein Free, Sugar Free - Casein is one of the 2 proteins in dairy. Gluten, Casein and Sugar all cause significant inflammation in the body. While you might not have an allergy to any of the things listed above, they do cause inflammation. Inflammation limits the ability for the body and brain to heal and learn.
 2. Continued Diet Guidelines
 1. Grain Free - Paleo Whole 30 is recommended to all of our concussion patients and our patients who have significant gaps in development.
 2. Buy organic when possible.
 3. No fruit juices or dried fruit, it contains too much sugar.
 4. Eat 5-7 servings of vegetables to replace your carbohydrates from lack of starches while adding nutritional value
 3. Things to avoid if you are not ready for steps 1 and 2
 1. No food dyes
 2. No Processed/packageged foods
 3. No soda
 4. No fast food
2. Electronics. We greatly urge all patients to avoid electronics after completing their session of therapy. Electronics provide constant cause and effect for our brains and we want the brain to rest and process the therapy session. Since we are trying to re-wire how the brain is functioning, electronics should be avoided for the rest of the day.
 1. Non therapy days: No more than 6 minutes on a phone, 30 minutes on a tablet/computer, or 1.5 hours on a TV on non therapy days is recommended. The smaller the screen the less you should look at it. Putting these limits on electronics will allow the brain to process information that is not providing a dopamine hit without movement.
3. Home Exercise Program. The more you do a home program, the faster your results will be. In fact progress may stall all together if no home program is implemented. Parents should be taking 15 minutes to complete Home Work everyday, similar to school. The brain needs the same feedback everyday to make lasting, fast changes. For adults, there are exercises you can complete on your own as well as ones someone else can help with if that is an option.
4. Neurological Therapists. Our therapists work on the neurological system, the brain and all the nerves that go out to the body to send and receive signals. We use skilled pressure and vestibular input to the body to create change from the inside out. You should expect to be treated on a mat table for most of your session with some movement to put the neurological therapies into function.