

# First Step Physical Therapy Spinal Cord Injury Program

Your First Step Toward Renewed Strength, Function, and Overall Wellness

A spinal cord injury is damage to the spinal cord that disrupts communication between the brain and body, potentially causing paralysis, loss of sensation, and impaired bodily functions.

Exercise and physical activity have been shown through evidence-based research to enhance motor function, improve cardiovascular health, reduce secondary complications, and promote overall quality of life in individuals with spinal cord injuries.

## Key Features of First Step



### Longer Treatment Sessions

we offer longer treatment sessions – typically 60 to 180 minutes, 2 to 3 times per week



### One-on-One Care

every session is delivered one-on-one with a licensed therapist



### Cutting Edge Equipment

- Alter-G
- Onward ARC-EX
- Gait Patterning Machine
- Overhead Harness System
- Power Plate
- Low-Level Laser Therapy
- Recumbent UE/LE Bike

## Research-Backed Treatment Strategies

- **Aerobic Training** – 20-40 min, 3x/week, moderate intensity (50-70% Max HR)  
✓ boosts cardiovascular fitness and endurance
- **Strength Training** – 30-60 min, 2-3x/week  
✓ builds muscle strength and supports independence
- **Gait Training (for incomplete injuries)** – 20-60 min, 3-5x/week  
✓ improves walking speed, endurance, and mobility
- **Balance & Postural Control**  
✓ enhances trunk stability and reduces fall risk
- **Functional Electrical Stimulation (FES)**  
✓ activates weak muscles to improve strength
- **Spasticity Management**  
✓ reduces stiffness and improves comfort
- **Task-Specific Training**  
✓ enhances real-life function

## Take The **FIRST STEP** Today

Whether you're newly injured or have been living with a spinal cord injury for years, our team is here to help you improve function, increase strength, and enhance independence. Let's create a therapy plan that works for you!

Visit us at [firststeppt.com](https://firststeppt.com) or call to schedule your evaluation



Buffalo 716-288-7427



Fayetteville 770-716-8885



Marietta 770-575-2212



Roswell 678-878-2503