



TESTIMONIAL

"Project Walk was life-changing for me. Recovering from paralysis is so much more than traditional physical therapy. The activity-based training got me doing daily tasks that were necessary in my life. Their innovative approach to recovery combined with their amazing team of caring people is the only reason that I am walking today. I am forever grateful."

-Drew Smith, PW Client, 2020-2024

EQUIPMENT USED

- Robotic Assisted Gait Trainer
- Electrical Stimulation
- FES Bike
- Standing Frames
- Cardiovascular Endurance Equipment
- 90 ft Solo Step Harness Track
- Power Plates
- ARP Wave Technology

ACTIVITY BASED THERAPY VS. PHYSICAL THERAPY

Physical therapy and activity-based therapy are both forms of rehabilitation therapy but with different approaches and goals. Physical therapy focuses on restoring and improving physical function and mobility through various techniques. Activity-based therapy is a specialized approach that focuses on promoting recovery and improving function through repetitive and task-specific activities. Activity-based therapy aims to retrain the nervous system by engaging in purposeful and intensive activities that simulate real-life tasks. This may include activities like locomotor training, functional electrical stimulation, and targeted exercises to activate specific muscles. While physical therapy emphasizes a broad range of interventions to address various conditions, activity-based therapy is specifically designed to activate neural pathways and promote neuroplasticity in individuals with neurological impairments.



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HOW IT ALL STARTED

In 1999, we started working with our first spinal cord injury client, Mike (C8), who had reached his maximum recovery potential and was discharged from his rehab program. Despite being on medications to manage spasms and nerve pain, Mike had little hope of improvement. Our founder, Ted Dardzinski, specialized in athletic and posture training but had no experience with spinal cord injuries, allowing him to approach Mike's case without preconceived limitations.

Through manipulation and feedback, Ted retrained Mike's nervous system, enabling him to control his once involuntary contractions. Within six months, Mike began standing and accomplishing tasks beyond expectations for a quadriplegic.

This remarkable progress attracted the attention of our co-founder, Eric Harness, and word spread, leading to the birth of Project Walk. That fateful day in 1999 changed lives forever, inspiring SCI clients to seek out our expertise.

Project Walk is a globally recognized organization that focuses on enhancing the quality of life for individuals impacted by paralysis or mobility-related disorders through activity-based recovery programs. We understand that each client is unique, and our dedicated training staff creates personalized programs based on the individual's current abilities, weaknesses, and goals. Unlike traditional physical therapy facilities, we offer a distinct approach to treatment. Our modalities and exercises are often not available in typical physical therapy settings.



HOW OUR PROGRAM WORKS

All new clients are required to undergo an initial evaluation. This comprehensive assessment includes a head-to-toe muscle and sensation testing, a thorough review of their medical history, and setting goals for their recovery. Our trainers will then guide the clients through a workout, giving them a glimpse of what a typical session would look like. Once the evaluation is completed, clients have the option to sign up for additional appointments, either on a daily or weekly basis, as per their preference.

"I'm incredibly grateful for Project Walk after my spinal cord injury. Not only because of their expertise and creativity, or because they encourage me to push myself, but also because we laugh and talk, and they help make a difficult situation feel less so. I can't imagine being on this journey without the team at Project Walk." – Stephanie B (SCI)

PEDIATRIC PROGRAM

Our pediatric program goes beyond traditional physical therapy, aiming to keep children engaged and having fun during exercises. Our specialists focus on functional strength training, balance and coordination, gait training, FES (Functional electrical stimulation), and more. As children's nervous systems are still developing, it's crucial to challenge and emphasize developmental movement patterns. For those spending extensive time in wheelchairs, our goal is to stimulate their nervous systems to enhance life beyond the wheelchair. This allow us to address issues such as poor posture, tight muscles, muscle atrophy, and impaired motor skills.

- Spinal Cord Injuries
- Traumatic Brain Injuries
- Cerebral Palsy
- Stroke
- MS
- ALS
- Down Syndrome
- TM/ADEM
- Amputees
- Movement Disorders
- Drop Foot
- Any and All Neurological Conditions

OUR CLIENTELE

- ← Neuromuscular Reeducation
- ← Strength Training
- ← Balance & Coordination
- ← Gait Training
- ← Stretching
- ← Range of Motion
- ← Pain Management
- ← Daily Living Skills
- ← Weight Bearing
- ← Flexibility/Mobility
- ← Hand/Eye Coordination
- ← Proprioception

AREAS OF FOCUS