



Our PT staff is available to discuss referrals with you. They are Beth Fondy, Steve Rivoire, Mary Dellenbach, and Amanda Barnhart.

PT Advances

The physical therapy department at CNS has received an exciting new piece of equipment that can introduce gait training much earlier in the rehabilitation process.

The Apex is a suspension system that partially supports body weight and allows for gait training over a treadmill or over the ground.

Clients with weakness of the lower extremities and postural muscles and those with balance difficulties can benefit from the Apex. The Apex provides a safe, fall free environment. This increases confidence of the client and frees the physical therapist to provide hands-on input into limb placement, weight shifting, and timing of gait.

The Apex can also provide a safe environment for practicing balance and reaching activities, and transitions from sitting to standing. Use over the ground can provide practice with an assistive device as a client progresses toward independent ambulation.

Care Coordination

We are excited to share news about our new Care Coordination Department. This department is growing and evolving to meet the needs of our clients.

Our Care Coordinators, Sara Lipnick and Kerrie Cargill-Hitchcock, utilize their Social Work backgrounds to assist clients in living as independently as possible while linking the client to health care services and community resources. We assess each person's needs on a case by case basis, collaborate with their treatment team and service providers, facilitate referrals, provide advocacy, case management, and care plan development within the scope of neurorehabilitation.

Clients who are receiving services at CNS are eligible for these services. Our Medical Director, Clinical Director, Program Coordinator or any therapist on staff can initiate a referral. The amount of involvement is determined through collaboration with the treatment team, client, and significant others.

Music Therapy

Did you know that music therapy services are offered at CNS? Broadly defined, music therapy is the use of music to address non-musical goals. Music therapists work with individuals of all ages to address cognitive, speech, psychological, or physical goals. Neurologic music therapists attend additional training to learn about the unique role of music in the brain, and to learn evidence-based neurologic music therapy techniques.

For the past few years, clients at CNS have experienced music therapy as an important part of their rehabilitation.

The music therapy department at CNS recently changed hands. Cathy Rivera left her position as the music therapist at CNS in order to become the clinical director of a music therapy facility in Austin, TX. She was a great contribution to CNS and will be missed by each staff member and client that she worked with! We wish her all the best in her new endeavor! The new music therapist at CNS is Sarah Lawton. Sarah is a Fellow in the Academy of Neurologic Music Therapy and has experience in a number of settings, including rehabilitation. Sarah is very excited to be a part of the wonderful staff at CNS and wishes to thank her clients and colleagues for giving her such a warm welcome!