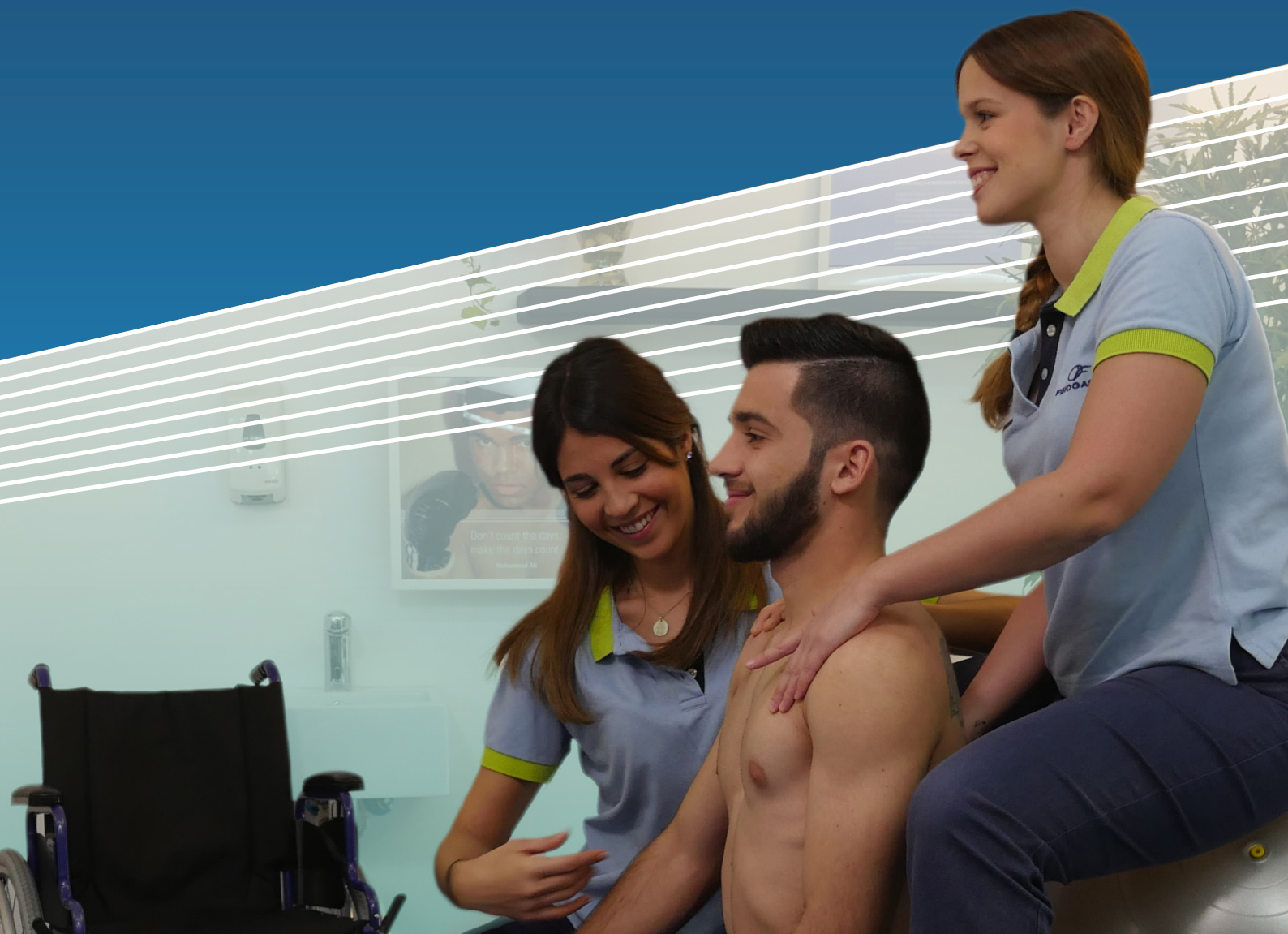


# NEURO REACT<sup>®</sup>

FISIOGASPAR NEUROLOGICAL REHAB AND DEVELOPMENT LAB







*however difficult life may seem,  
there is always something  
you can do and succeed at*

*Stephen Hawking*



## who we are

Founded in 1998, Fisiogaspar is recognised as one of the top health and wellness centres in the country. A benchmark, both nationally and internationally, the centre boasts a team of highly-qualified professionals who provide our clients with the very best care and well-being.

We continuously invest in staff training, as well as the most effective,

state-of-the-art technologies, designed to offer maximum comfort and peace of mind.

In the areas of innovation and development, we also invest in scientific research, undertaking efficacy studies and perfecting unique and exclusive treatments.

It is in our DNA.

*your well-being in our hands*





## mission

With this innovative and integrated health and well-being concept, Fisiogaspar aims to create complementary relationships that are rational and balanced between its different business areas, ultimately ensuring

unique, complete and fully-focused monitoring of every client's specific needs.

Your well-being in our hands since 1998.

## values

### **Rigour**

We strive to fully understand each client's needs, desires and limitations, in order to help them achieve their goals.

### **Commitment**

In order to improve their health and well-being, our clients are at the centre of everything.

### **Integrity**

We believe that ethics are key, which is why we guarantee an honest and transparent relationship with all our clients.

### **Excellence**

Everything we do bears the hallmark of excellence, as we constantly strive to offer outstanding services and exceed our own goals.

# NEURO REACT<sup>®</sup>

FISIOGASPAR NEUROLOGICAL REHAB AND DEVELOPMENT LAB

what  
kind of  
project  
is this?

NeuroReact FNRDL is a range of intensive neurological rehabilitation services that employs a multidisciplinary approach to meet the constant needs of our clients with these pathologies.

It is designed to do this using an intensive and tailored intervention that is all-inclusive. Clients can do 3 to 6 hours of daily therapy in a single place, improving capabilities, independence and social integration.

The overlap and interaction between different biomedical sciences, such

as medicine, physical therapy, exercise physiology, nutrition, psychology, speech therapy and traditional Chinese medicine offer greater autonomy in day-to-day activities.

Fisiogaspar understands that recovery goes beyond age, gender and physical fitness, so we work to maximise functional abilities according to the most efficient criteria, while using the latest tests of effectiveness.

## **One-stop treatment**

With NeuroReact, the entire neurological recovery process happens in a single place - Fisiogaspar - while our personalised approach focusses on each client's biopsychosocial characteristics. By dealing with clients holistically, all the relevant biological, psychological and social aspects are diagnosed and treated. This is the basis of Fisiogaspar's vision, which ensures that all the necessary resources and staff are there to deal with the issues that affect our clients' well-being.

# keys to success

## **Centre of Excellence**

Fisiogaspar is recognised as a health and well-being centre of excellence, a domestic and international benchmark that meets all the global quality standards covered by ISO 9001.

## **Innovation and Research**

We invest in scientific research, undertaking efficacy and improvement studies, evaluation, recovery and optimisation techniques.

## **Recent and Effective Technology**

We acquire and update the most recent and effective technologies to provide our clients with the best service and quality.

## **Qualified Staff**

A team of highly-qualified professionals with a genuine ability to take care of clients' health and optimise their performance and well-being.

## **Ongoing Training**

We invest in ongoing training for our staff in all areas. This is the only way to obtain international recognition and maximise the efficiency of the work we do with sports professionals.

## **A Range of Specialities**

The clinic boasts a growing variety of outpatient specialities to meet all your needs.







## what services do we offer?

Fisiogaspar's continuous investment provides you with a range of specialised neurological rehabilitation services.

The NeuroReact team has extensive knowledge in various scientific areas to guarantee the most comprehensive

and dedicated treatment. We diagnose and treat pathologies using a unique and differentiated approach, where time and space are never a constraint. We create daily programmes of 3 or 6 hours for you, using the most effective, state-of-the-art equipment and techniques.

# EVALUATION

Before beginning your NeuroReact programme, you must first be evaluated. During this evaluation, you will receive a medical diagnosis and recommendations from your physiotherapist according to your neurological condition.

# INTERVENTION

After your NeuroReact evaluation, choose an all-inclusive pack according to the recommendations made by Fisiogaspar's health professionals. Our packs include 3 to 6 hours of daily therapy.

During your rehabilitation, we use manual therapy and treatment techniques, such as joint mobilisation (active, passive, resisted), myofascial release and stretching, the Bobath approach, proprioceptive neuromuscular facilitation, mirror therapy, constraint induced movement, and others. Every week, alongside these techniques, we include NeuroChallenges, which make your treatment more dynamic and motivating.

# EVA LUA TION

a complete  
diagnosis

## STANDARD

### STANDARD EVALUATION PACK

With NeuroReact, evaluation is your first step. It is the moment you are given various suggestions and advice regarding your rehabilitation, as well as discovering which pack is the most suitable for your condition.

Physiotherapy Evaluation  
Medical Consultation





# ADD-ONS

## **CONCIERGE WITH TRANSPORT**

We know the obstacles and challenges our clients face when they have some kind of physical limitation or when they are visiting Portugal for the first time. So, we offer a concierge service that will make this stage of your life easier.

## **HOTEL ACCOMMODATION**

If your place of residence makes your intervention routine difficult or impossible, we recommend you stay at one of Fisiogaspar's partner hotels.

## **EVALUATION ADD-ONS**

### **DIAGNOSES ADD-ONS**

MRI Scan  
CT Scan  
Medical Tests  
Others

### **NUTRITION ANALYSIS**

### **GAIT EVALUATION**

Biomechanical Gait Analysis  
OptoJump Next®/Gyko® Analysis

# INTER VEN TION

an intensive,  
all-inclusive  
programme

## STANDARD

3 HOURS A DAY

### STANDARD INTERVENTION PACK

After completing your Evaluation Pack, and following the advice of our health professionals, find out about your Standard Intervention Pack (3 hours a day).

Neurological Physiotherapy Session  
(Monday to Friday)

NeuroChallenge (Monday, Wednesday and Friday)

Physiology Session (Tuesday and Thursday)

Medical Consultation (bimonthly)

Psychotherapy Consultation (biweekly)

Home Support Session

Parts of the Standard Intervention Pack may be removed or changed due to medical advice.



# INTENSIVE

6 HOURS A DAY

## INTENSIVE INTERVENTION PACK

Depending on the client's clinical situation or availability, we recommend the Intensive Intervention Pack (6 hours a day) to maximise results in the shortest time.

Bidaily Neurological Physiotherapy Session  
(Monday to Friday)  
NeuroChallenge (Monday to Friday)  
Meal at the Fisiogaspar Cafeteria (Monday to Friday)  
Physiology Session (Monday, Wednesday and Friday)  
Medical Consultation (monthly or bimonthly)  
Psychotherapy Consultation (weekly)  
Home Support Session

Parts of the Intensive Intervention Pack may be removed or changed due to medical advice.

## HOME SUPPORT

Fisiogaspar's home support service is exclusive to NeuroReact. As part of your Standard or Intensive Intervention Pack, we provide individual and personalised support in your home. The aim is to help clients and carers adapt homes to maximise independence and make routines easier, ranging from the layout of furniture to the acquisition of technical support.

## EXERCISE PHYSIOLOGY

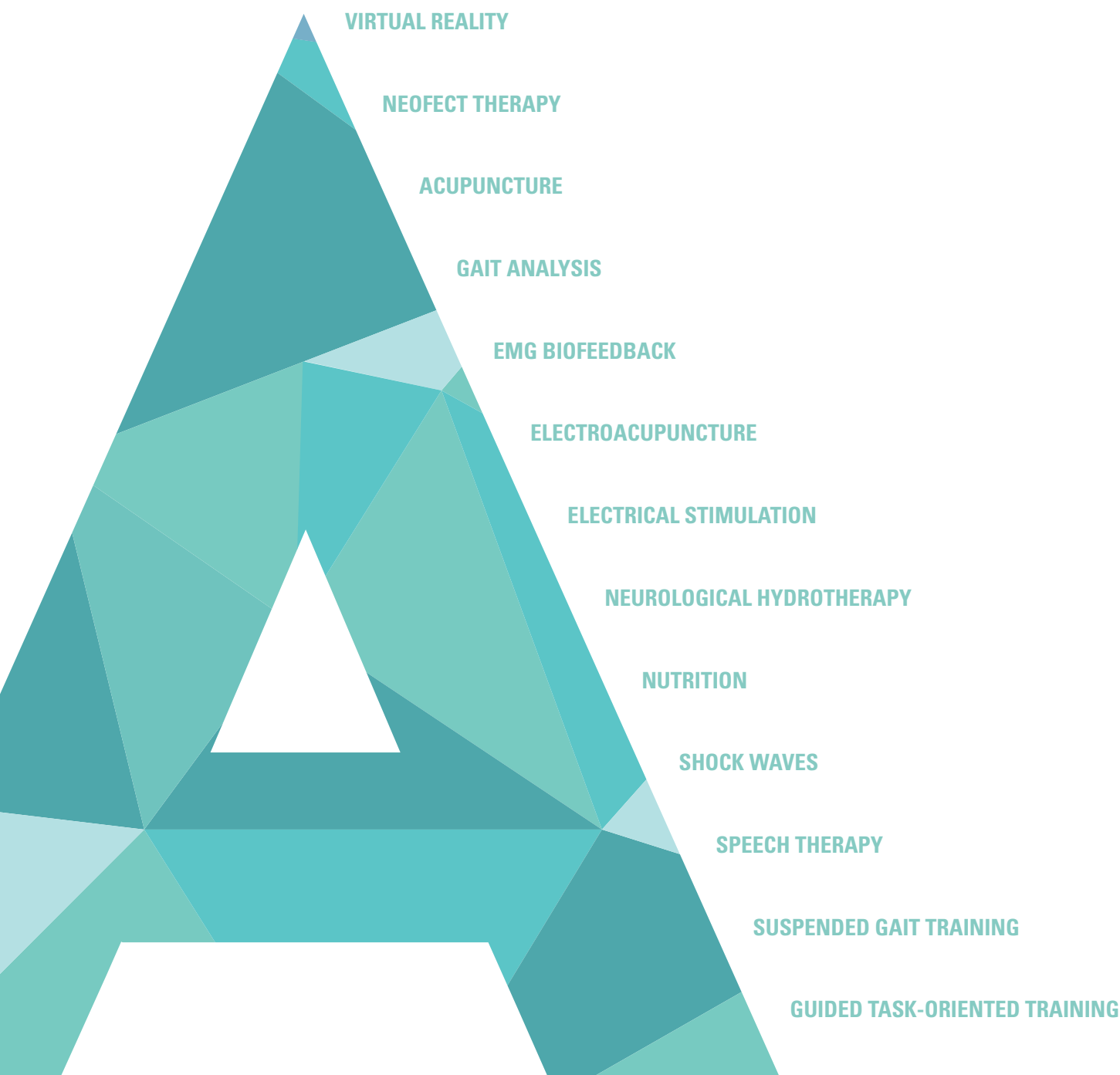
The Private Gym is based on the development and exclusive adaptation of training that is geared towards every individual's needs. Various studies have demonstrated the benefits of physical activity as part of the daily routines of patients with neurological disorders, improving well-being and quality of life via planned supervision by physiologists and physiotherapists.

## PSYCHOTHERAPY

Neurological disorders have a major effect on the social and emotional lives of sufferers, often leading to anxiety or prolonged depression and apathy. Psychotherapy is a scientific method that diagnoses and treats these problems, encouraging changes in behaviour and greater acceptance of individual limitations. We also make this service available to family members.

# every day, a neurochallenge

Your NeuroReact Intervention Pack offers creative and motivating rehabilitation methods that go beyond conventional physiotherapy sessions, which is why we developed NeuroChallenges, which are tasks that make your daily routine more dynamic. Find out more about these challenges and get ready to see progress in real time.



# virtual reality

This technology stimulates day-to-day activities, simulating real situations where interaction occurs via a machine. The scientific justification for using virtual reality in neuro-rehabilitation is based on key concepts of motor learning: repetition, feedback and motivation.

## WII

Wii Rehabilitation is the name given to the use of the Nintendo® Wii console for rehabilitation purposes. Nintendo® Wii launched the Wii Fit Plus games to help players get fitter and use the body's different muscle groups. In addition to this games console, clients can use the Wii Balance Board, which measures the user's weight and centre of balance via weight transfer.

## 3D GLASSES

The effect that 3D glasses have on neuroplasticity means the patient can transfer achievements in virtual reality to the real world, thus speeding recovery. By using these glasses, clients can develop neural pathways that have normally been affected by their disorder, helping them to perform certain activities more akin to normal (physiological) activity.

# neofect therapy

Neofect is a company that studies and develops revolutionary and paradigmatic rehabilitation technology. These tools help restore a patient's sense of hope by using fun exercises and biocomputationally guided video games, which are supported by accurate clinical progress checking algorithms.

## NEOFACT RAPAEI SMART BOARD

This medical device allows patients to improve functional movement and arm reaching ability. The Rapael smart plan offers an evaluation programme based on studies in different areas of brain and rehabilitation science, as well as clinical research. With the periodic use of the evaluation programme, the user can get information on recovery through an accurate evaluation of the patient's current status.

## NEOFACT RAPAEI SMART GLOVE

This is hi-tech, smart glove rehabilitation device boasts a nine-axis movement and position sensor that consists of three acceleration channels, three angular rate channels and three magnetic field channels that measure wrist movements. The channels are connected to a computer system which can accurately compute the amount of individual hand movements (including the fingers). The treatment involves wearing the special glove in conjunction with a Rapael rehabilitation games application.

## acupuncture

Hailing from Ancient China, this particular NeuroChallenge can alleviate neurological patients' symptoms, as it stimulates the peripheral nervous system's sensory fibres, releasing cortisol, endorphins, dopamine and other substances that improve patients' well-being. Virtually painless, there are no known negative side effects.

## gait analysis

Gyko® Microgate is a state-of-the-art, inertial measurement tool that analyses the movement of any body part, supplying precise measurements of acceleration, angular velocity and magnetic field in 3D. When used in combination with the OptoJump Next® Microgate system, it provides reliable data about gait and posture.

## EMG biofeedback

This innovative technology allows us to visualise muscle use in real time, using graphic representation of exercise and movement. This helps patients with neurological disorders adopt correct movement patterns and achieve long-lasting results more quickly.

## electroacupuncture

Electroacupuncture releases the natural substances responsible for patients' progress. Using an electric current at a scientifically-tested frequency, it reduces neuron inflammation, which is common to most neurological disorders, slowing down cell death and controlling the destruction of affected neurons.

## electrical stimulation

Electronic current is applied to the muscle's motor point to produce muscular contraction during activity. One of the principles supporting this neurological rehabilitation technique is based on muscular response - inducing improvements in necessary muscles, while inhibiting the reaction of others.

## neurological hydrotherapy

The hydrotherapy area boasts physiotherapists specialised in aquatic kinesiotherapy for neurological patients. As the various exercises are performed more comfortably in water, this means that different weight support can be used.



Avoiding relapse after a neurological injury is crucial, which means that a healthy lifestyle and good diet become imperatives. Our team of nutritionists will help you optimise body composition and acquire new eating habits, controlling body weight, blood pressure, cholesterol, uric acid and triglycerides.

nutrition

Focussed and radial extracorporeal shock waves (ESW) encourage increased blood microcirculation and tissue repair. Spasticity - increased muscle tone - is a severe complication and very common following neurological injury. Recent studies have shown that shock waves are effective in reducing this condition, improving passive joint range and alleviating pain.

shock waves

This NeuroChallenge involves preventing, evaluating and treating speech disorders, chewing, swallowing, slow movements, stiffness and trembling, which can have a huge effect on the patient and family's social and emotional quality of life.

speech  
therapy

One of the priorities in neurological rehabilitation is improving the gait cycle, reducing deficits and changes in locomotion. This type of training uses a mechanism that suspends the patient over an ergometric treadmill, thus reducing body weight, compensating for motor loss, reducing the risk of falls and consolidating relearning and confidence when walking.

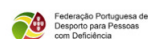
suspended  
gait training

This intervention method is mainly used to improve upper limb function and the performance of day-to-day activities, such as getting dressed, putting on footwear, combing hair, personal hygiene and holding a glass. The aim is to exercise the different performance components affected.

guided  
task-oriented  
training

# partners in your success

When we work as a team, our dedication ensures your success. To this end, Fisiogaspar has a long list of first-class partners and brands so that you enjoy a complete and effective experience.





## getting started

Contact us at [fisiogaspar@fisiogaspar.pt](mailto:fisiogaspar@fisiogaspar.pt) or one of the numbers overleaf and discover everything we have to offer.

Your Physiotherapist will outline our approach and introduce you to the professionals who will support you during the process, helping you identify the services and packs you require.





## Portugal

### Address

Avenida Estados Unidos da América, 2C  
1700-174 Lisbon

### Surroundings

Humberto Delgado Airport (Lisbon) 1km (3 min)  
Carris Buses – 749 e 717  
Subway (Green Line) – Areeiro or Roma  
Train – Roma-Areeiro Station

### GPS Coordinates

Latitude 38°44'56"  
Longitude -9°7'54"

### Phone

00351 217 279 000

### Services

Clinic | Physiotherapy | Hydrotherapy | Nutrition  
Medical Spa | Private Gym | Health Coaching | Academy

[www.fisiogaspar.pt](http://www.fisiogaspar.pt)

[fisiogaspar@fisiogaspar.pt](mailto:fisiogaspar@fisiogaspar.pt)

## Angola

### Address

Rua Comandante Ché Guevara, 105A  
Maculusso - Luanda

### Surroundings

International Airport 4<sup>th</sup> February (Luanda)  
4km (8 min)  
Igreja Sagrada Família (Holy Family Church)  
1km (2 min)

### GPS Coordinates

Latitude 8°49'15"  
Longitude 13°14'26"

### Phone

00244 222 332 357

### Services

Clinic | Physiotherapy | Nutrition  
Medical Spa | Private Gym

[www.fisiogasparangola.com](http://www.fisiogasparangola.com)

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