

THE UNIVERSITY OF TEXAS AT SAN ANTONIO

PROSPECTIVE AFFILIATION AGREEMENT

Agency / Facility Information Sheet

This information collected on this sheet will be used to complete a formal agreement with your institution.

Today's Date: 07/23/18

Agency Name: Beyond the Chair

Address: 5310 Jackwood Drive Suite 2 San Antonio, TX 78238

Phone Number: 210-256-0700

Email address: info@beyondthechair.org

1. Please briefly describe the scope of your facility/agency's work. Printed brochures or fact sheets explaining your organizational goals may be attached.
2. Indicate the most appropriate person(s) to contact within your facility/agency regarding internship possibilities.

Name: Johnny Rivera

Title/Responsibility: Floor Manager

Phone #: 210-256-0700

Office Address: 5310 Jackwood Drive Suite 2 San Antonio, TX 78238

Email: info@beyondthechair.org

Type of Company (LLC, Non-for Profit, etc.): Non-Profit

3. Briefly describe the internship experiences available with your facility/agency.

The Intern will gain vital observation and hands on experience in the field of post rehab training, specifically with clients who have neurological disorders. They will learn our protocol and guidelines in these areas of components:

1. Active and Passive Range of Motion/Flexibility
2. Muscle Recruitment
3. Core Strengthening/Balance/Coordination
4. Weight-Bearing/Joint Stability
5. Cardiovascular Training/Endurance
6. Strength Training
7. Electrical Stimulation (FES Bike)
8. Active and Passive Gait Training
9. Functional Training
10. Fitness Evaluations/Assessments

4. Are there any restrictions to an internship that the student or university should be aware of? Will this be a paid position?
No/No

5. Is your organization a HIPPA covered agency? YES _____ NO

6. Are you available for Fall 20 hrs/wk , Spring 20 hrs/wk , and Summer 30 hrs/wk ?



Mission Statement:

1. *Beyond The Chair exists to provide an improved quality of life for individuals with spinal cord injuries and other neurological disorders. Through dynamic exercise techniques, our goal is to enhance overall functional capacity.*

Program:

Beyond The Chair offers an intensive post rehab training program for those living with spinal cord injuries and other related neurological disorders. Our highly motivated and skilled staff of Post Rehab Professionals utilizes scientifically based exercise training principles and modalities that are adapted to enhance the strength, endurance, and mobility of each individual with functional limitations. Our programs are custom-made for each individual member utilizing unique exercise techniques to stimulate nerves and muscles, functional and nonfunctional, below the level of injury with the goal of reeducating the dysfunctional nervous system to regain movement and sensation. Ultimately our focus is geared towards meeting the needs and goals of our members in an environment filled with inspiration, hope and determination with a supporting cast of friends, family and community all working together towards our mission.

This program is not to be confused with physical therapy, as for it is a post-rehab program specifically designed to complement and improve the client's level of function after discharge from rehab services. Beyond The Chair does not purport to provide any aspects of treatment or diagnosis of our clients' medical conditions. Post Rehab Training is strictly and nothing more than a specialized safe and effective exercise program. We strongly believe that our program is a great approach to bridge the gap between healthcare and fitness professionals. Some of the conditions we work with are:

Spinal Cord Injury
Traumatic Brain Injury
Post Stroke
Multiple Sclerosis
Muscular Dystrophy
Cerebral Palsy
Guillian-Barre
Parkinson's Disease
Amputee's

BTC staff will develop safe and effective strength and conditioning programs for our clients with functional enhancement in mind. The areas of function that are the focus of our program are listed below:

1. *Active and Passive Range of Motion/Flexibility*
2. *Muscle Recruitment*
3. *Core Strengthening/Balance/Coordination*
4. *Weight-Bearing/Joint Stability*
5. *Cardiovascular Training/Endurance*
6. *Strength Training*
7. *Electrical Stimulation (FES Bike)*
8. *Active and Passive Gait Training*
9. *Functional Training*



Program Benefits (Potential):

- *Improved circulation and blood pressure*
- *Increased cardiovascular endurance*
- *Maintenance of bone density*
- *Increased muscle mass and strength*
- *Improved range of motion*
- *Reduced muscle spasms and spasticity*
- *Improved sensation/temperature control*
- *Increased mobility and ability to function independently*
- *Potential to reduce pain and depression*