

Focused Interdisciplinary Therapy Program at Kennedy Krieger Institute

Who We Are

The Focused Interdisciplinary Therapy Program at Kennedy Krieger Institute offers intensive therapy for children and adolescents with persistent, disabling conditions. This intensive therapy targets specific therapeutic goals to help improve:

- Physical abilities, such as sitting, standing and walking
- Daily activities, such as handwriting, eating and dressing
- Communication skills, such as articulation, breath support and using an augmentative device
- Cognitive skills, such as memory and organization

The program is one of Kennedy Krieger's Fairmount Rehabilitation Programs, an array of interdisciplinary therapy programs for patients with conditions affecting the nervous system.

Who We Serve

Our program is designed for individuals ranging from 9 months to 21 years of age. Patients may have a variety of chronic conditions, such as:

- Traumatic brain injury or other acquired central nervous system injury
- Spinal cord injury or dysfunction
- Cerebral palsy or other developmental disabilities

Before participating in the Focused Interdisciplinary Therapy Program, patients must complete the initial rehabilitation called for by their specific injury or surgical procedure.

Our Team

Patient care is provided by an interdisciplinary team consisting of:

- Pediatric rehabilitation provider
- Physical therapists
- Occupational therapists
- Speech-language pathologists
- Neuropsychologists
- Nurses
- Special educators
- Psychiatrists
- Psychologists



Our Treatment Approach

Each patient receives an individualized treatment plan tailored specifically to their needs and developed under the direction of our pediatric rehabilitation physician. Plans typically include the structured, repetitive practice of specific skills in a variety of contexts, which helps a patient learn those skills more quickly. The frequency and duration of therapy varies according to a patient's age and abilities, and to the therapy goals they set with their family and therapeutic team. Based on age and areas of need, patients typically receive therapy services for several hours a day, five days a week, for four weeks.

During this time, patients might receive a combination of individual and group therapy services to help them achieve their goals. For school-aged children, educational services can be provided so they may continue with their schoolwork while participating in the program.

Our team uses a variety of therapeutic equipment and treatments to assist patients in reaching their goals, including:

- Electrical stimulation
- Stationary bikes
- Treadmills
- Gait trainers
- Adapted video games
- Robotic devices

Therapists also make recommendations for ordering new equipment for the home, such as:

- Walkers or canes
- Adapted utensils for mealtime
- Bathroom equipment
- Splints and orthotics

Our team can also help set up equipment in a patient's home and train the patient and their family on how to use it, so new skills can carry over into the child's home environment.

Our Success

Our program has a proven record of treatment success and patient satisfaction:

- 92% of patients surveyed have met or exceeded their goals in areas such as mobility, strength, endurance and increased independence in the home and community
- 100% of patients surveyed are satisfied, overall, with the program
- 100% of families surveyed say the program addressed their children's needs

Summer Programs

Because many of our school-aged patients prefer not to miss school while completing an intensive therapy program, we offer individual and group-based therapy during the summer months. Availability is limited for these groups, and participants must be attentive and cooperative to get therapeutic benefit from the small-group setting. In a typical summer group program, children are seen for several hours a day, five days a week, for one month.

“My wife and I were thrilled with our daughter's improvements after completing the program. We're planning to come back again next year.”

– Parent

CONTACT US

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For more information or to schedule an appointment, please email STPReferrals@KennedyKrieger.org or call **443-923-4587**, or call toll-free at **888-554-2020**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

[KennedyKrieger.org/Rehabilitation](https://www.kennedykrieger.org/Rehabilitation)

Physicians and Healthcare Professionals

To make a referral, email us at FindASpecialist@KennedyKrieger.org or call our Physician Referral Line at **443-923-9403**.

Clinic Location

1750 East Fairmount Avenue
Baltimore, MD 21231

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