

## Home Exercise Program (HEP)



### Parental Involvement

Parental involvement is highly encouraged and parents are often part of the treatment program. Euro-Pēds is committed to education, and therapists work with parents in exploring complementary care to optimize the child's function. Therapists may make equipment recommendations, explain spasticity management options and coordinate orthotic consultations.

### Home Exercise program

Patients will probably notice the most drastic results after leaving Euro-Pēds and returning home. More improvements are generally shown after treatment because children have had the opportunity to rest their muscles. When patients go home, many continue to use and perfect their new skills- maintaining their progress and integrating the skills they've learned into their daily lives. Each family receives a detailed written home exercise program with digital photos of their child performing each activity. Parents and caregivers are given an opportunity to try each activity and ask questions before they leave for home.

