

DEFY



ACTIVITY-BASED
THERAPY

DEFY

NEUROREHAB

DON'T EVER FORGET YOURSELF



WHAT IS ABT?

Activity-Based Training (ABT) is a specialized approach that focuses on activating the nervous system through movement. It's designed to help your body relearn how to move, stand, and function after injury, using repetition, resistance, and guided support.

Backed by research, ABT at DEFY incorporates the principles of weight bearing activities, electrical stimulation, core strengthening, gait training, and massed practice to uniquely individualize the program to your specific goals.

WHO'S IT FOR?

Whether you're new to recovery or continuing your journey, our program adapts to you.

- Spinal cord injuries
- Traumatic brain injuries
- Stroke or acquired brain injuries
- Neurological and neuromuscular conditions
 - Parkinsons
 - Transverse Myelitis
 - Multiple Sclerosis
 - Pediatric neurological conditions
 - Cerebral Palsy



HOW IT HELPS

- Feel stronger and more independent
- Improve strength, posture, and endurance
- Boost balance and coordination
- Build confidence in daily activities
- Neuromuscular retraining

WHY CHOOSE DEFY

At DEFY, every program is tailored to meet your specific recovery goals. Our neuro-exercise specialists use evidence-based methods, adaptive equipment, and personalized progression plans to help each client reach their highest potential.

WITH DEFY, YOU WILL:

- Train in a positive, goal-driven environment
- Work with neuro-exercise specialists experienced in neurorecovery
- Access cutting-edge rehabilitation technology
- Build strength that supports both body and mind
- Full body workouts are completed out of the wheelchair or by removing the assistive device to maximize return and restore function



DefyRehab.com

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