

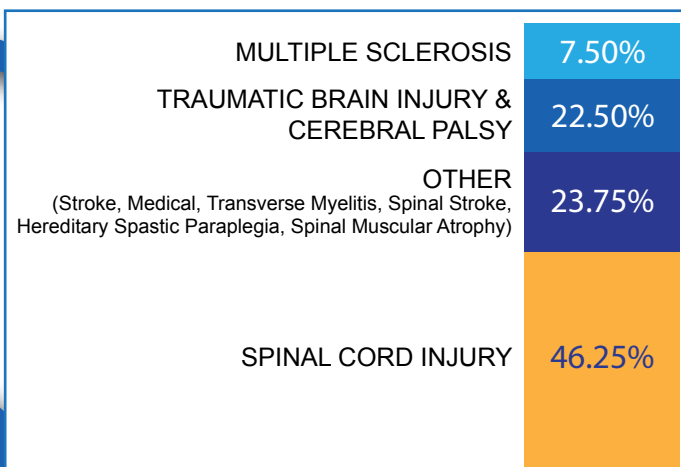
About Push to Walk

Founded in 2007, Push to Walk provides individualized workouts and resources to people with spinal cord injuries and other forms of paralysis to optimize current quality of life and to prepare for future medical advancements. Push to Walk is a unique program in the New York-New Jersey area.

We offer specialized activity-based training that supplements physical and occupational therapies. In addition, Push to Walk -

- Provides counseling and resources
- Monitors and supports research affecting the spinal cord injury and paralysis community
- Partners with health care providers, medical professionals, researchers, educators and others to determine how we can best help this community
- Advocates for care and cure
- Fosters a sense of community by organizing activities for clients, families and friends

Diagnosis Of Clients We Serve



Building Strength

Push to Walk's gym is a positive environment where individuals can work hard at their own pace, motivated by a dedicated team of professionals and inspired by the successes of their peers. Exercise programs are individually designed and continually updated to stay progressively challenging.

Our trainers hold degrees in Exercise Science and Exercise Physiology, certifications from the American College of Sports Medicine and the National Academy of Sports Medicine, and participate in continuing education and specialized courses.

Workouts are designed to help clients strengthen their entire body, concentrating on both core and balance. Our focus is identifying what the client CAN do, with exercises designed to help build strength where needed.

“My trainer gets me out of my chair and makes me feel like I’m working out as if I never had an injury.”

- *Christan, Client*

Equipment

- RT200 FES Elliptical
- RT300 FES Bike
- RT600 Step & Stand
- Xcite FES Clinical Station
- Myocycle
- Motomed Leg & Arm Cycle
- Reha Move
- Treadmill Weight Supported Gait Training
- Total Gym
- SCIFIT Hand Cycle
- Easy Stand Glider
- Adductor
- Hip/Glute Machine
- Gait Harness System II Walker
- Galileo Advanced & Galileo Mano Dumbbell
- Galileo Delta A Tilt Table
- Vibeplate
- Rifton TRAM Walker



Improving Health

Our trainers focus on the entire well-being of each client. One-on-one support helps to foster improved health. Our trainers typically strive to help clients -

- Increase their strength and balance
- Improve flexibility and range of motion
- Decrease risk of injury
- Improve circulation
- Improve muscular conditioning

Research has shown that exercise decreases the frequency and severity of most common secondary complications when performed on a regular basis.

“My daughter is not only healthier and stronger but also happier and more self-confident as a result of her one-on-one workouts at Push to Walk”

- *S.C., Mother of Client*

Training Options

We offer a free initial evaluation and Functional Electrical Stimulation (FES) add-ons for those who qualify. After this initial evaluation, individuals may choose from the following training options:

- **In House Program** - Weekly sessions led by trainers at our facility in Oakland, NJ.
- **Home Program Development** - We will customize a program for you to do at home and provide periodic checks to ensure that you are moving towards your goals.
- **Train Your Trainer** - If you prefer to be trained outside our facility with your own trainer, we will train your trainer. Our accredited professionals will outline a program with benchmarks so you can achieve your goals.

“Individuals come to Push to Walk to build a better future for themselves”

- Darren Templeton, Co-Founder

Founders

Push to Walk was founded by people who have been directly impacted by paralysis and understand the physical, psychological, emotional, and financial effects it can have on those who experience such trauma. Darren Templeton sustained a C5 spinal cord injury after diving into shallow water in July 2004. He co-founded the non-profit with his mother, Cynthia Templeton. Together, they focus on providing the services and environment necessary to help individuals with paralysis live more independent and fulfilling lives.



How We Operate

Push to Walk is a 501(C)3 nonprofit organization. Clients pay an hourly fee for personalized training. These fees do not fully cover operating expenses. The balance is obtained through fundraising activities, grants and donations. Scholarships are also made available to assist those with financial need.

Donations to Push to Walk can be made through our website. For more information about our program, call us at 201-644-7567 or email us.

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PUSH to WALK[®]
Redefining Possibilities for the
Spinal Cord Injury and Paralysis Community



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