



OUTPATIENT AND INTENSIVE NEUROREHABILITATION AT ASTRA

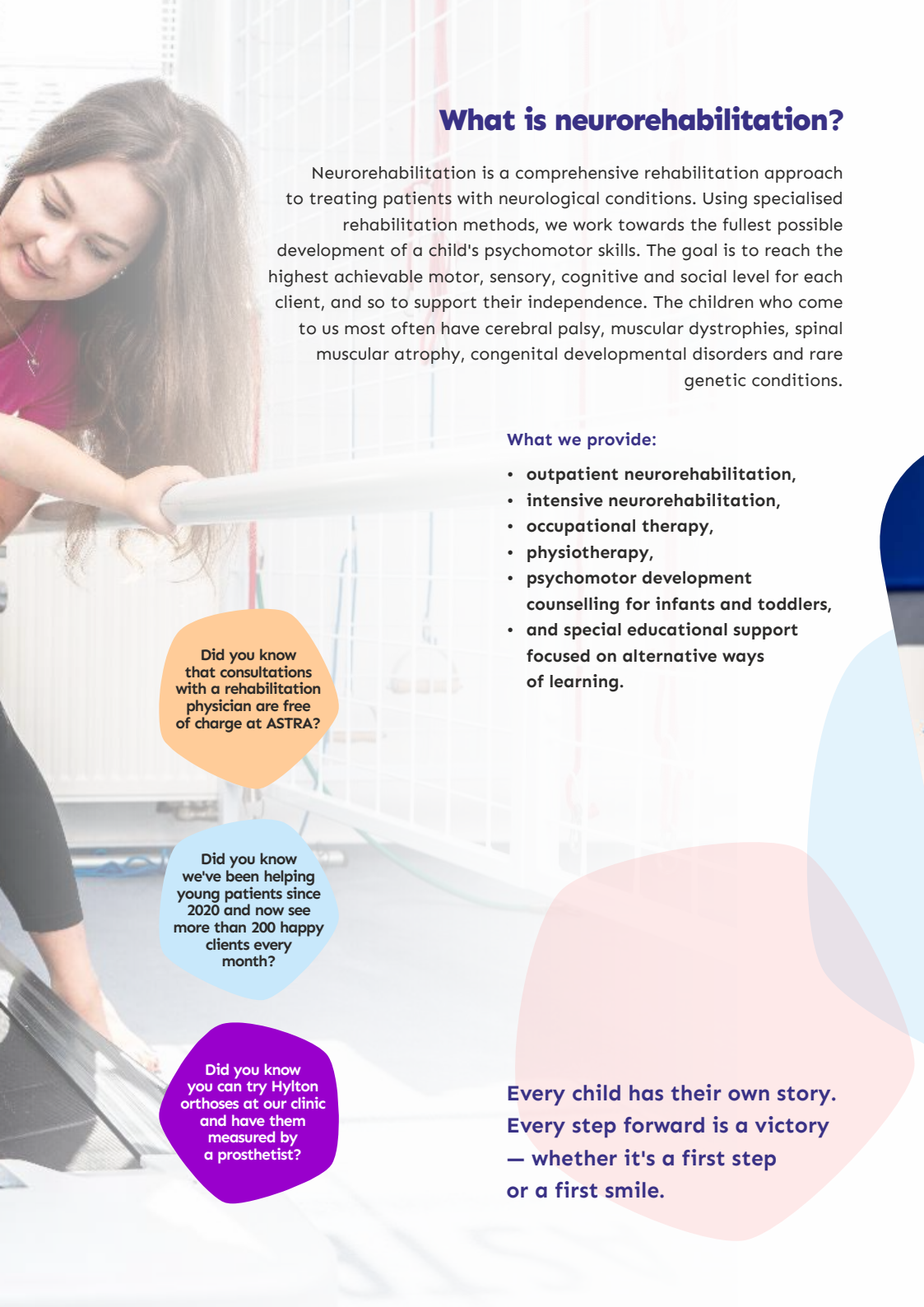
Through hardships to the stars!

"Our creed is the old Latin motto Per Aspera ad Astra — through hardships to the stars. Let's take on together the obstacles that life has set in front of so many. Everyone who refuses to accept them and keeps fighting is our star."

ASTRA NEUROREHABILITATION CLINIC:

- We provide comprehensive neurorehabilitation care (physiotherapy, occupational therapy, special educational support).
- We stay in contact with other specialists in children's neurorehabilitation, ensuring a multidisciplinary approach.
- We advise on choosing the right assistive devices.
- We take an interest in your family's situation and want to help.
- We'll advise you on how therapy can be financed.





What is neurorehabilitation?

Neurorehabilitation is a comprehensive rehabilitation approach to treating patients with neurological conditions. Using specialised rehabilitation methods, we work towards the fullest possible development of a child's psychomotor skills. The goal is to reach the highest achievable motor, sensory, cognitive and social level for each client, and so to support their independence. The children who come to us most often have cerebral palsy, muscular dystrophies, spinal muscular atrophy, congenital developmental disorders and rare genetic conditions.

What we provide:

- outpatient neurorehabilitation,
- intensive neurorehabilitation,
- occupational therapy,
- physiotherapy,
- psychomotor development counselling for infants and toddlers,
- and special educational support focused on alternative ways of learning.

Did you know that consultations with a rehabilitation physician are free of charge at ASTRA?

Did you know we've been helping young patients since 2020 and now see more than 200 happy clients every month?

Did you know you can try Hylton orthoses at our clinic and have them measured by a prosthetist?

Every child has their own story.
Every step forward is a victory
— whether it's a first step
or a first smile.

Occupational therapy

Occupational therapy is the field devoted to building and developing independence. We can help your child with fine and gross motor skills, handwriting skills, sensory processing, primitive reflexes, attention and other cognitive functions, behaviour, emotions and communication.



Occupational therapy trains not only everyday activities, but also attention, planning and orientation.

Reasons to see an occupational therapist — if your child:

- Has difficulties with fine motor skills, learning the correct grasp, and hand–eye coordination in play or everyday activities.
- Struggles with tooth brushing, dressing or self-feeding (a picky eater, doesn't cut food, doesn't use cutlery).
- Often covers their ears, won't touch certain materials, dislikes swings, slides or spinning, won't tip their head back, trips a lot, seems clumsy or misjudges how much force to use.
- Is constantly running, jumping or spinning, doesn't finish activities, or has trouble moving on to a different one.
- Has difficulty communicating, seems not to understand you, avoids eye contact, or withdraws from groups and peers.
- Doesn't respect your instructions or boundaries, or has frequent meltdowns over small things.

**When a child gains
a new skill, they gain
a new piece of the world.**

HYLTON® elastic compression orthoses (SPIO - Stabilizing Pressure Input Orthosis):

Hylton® is an elastic compression medical device based on the principle of deep pressure input. The compression provides proprioceptive feedback and is designed to support physical stability and postural control while preserving natural movement.

The orthoses are used as a complement to rehabilitation care in children with motor and postural control difficulties.

Who might Hylton® orthoses be considered for?

Use may be indicated, for example,
in children with:

- neurological conditions (e.g. cerebral palsy),
- genetic and developmental syndromes,
- muscle tone disorders (hypotonia, hypertonia),
- difficulties with stability and coordination,
- sensory processing difficulties.

Suitability is always assessed by a physician
or a qualified healthcare professional.

Hylton® orthoses are used as part of
rehabilitation care at the ASTRA clinics in
Prague and Brno.

If you're interested, you can book a specialist
consultation. During therapy, a physiotherapist
will assess whether an orthosis is suitable and
recommend the next steps.

For children under 18, the device may be
covered by Czech public health insurance under
the applicable reimbursement rules.

**We don't give up.
Neither we, nor they.**



Combining
physical and cognitive
training brings better results
than either on its own.

Special educational support focused on alternative ways of learning

This therapy supports children in developing functional communication, understanding and speech production. And because speech development is closely linked to how a child takes in food, our sessions also cover technique and training for chewing and drinking, orofacial and buccofacial stimulation, and choosing the right spoon, cup or straw. We can also help when communication needs to be developed through gestures, voice output switches, photographs, symbols and pictograms, using the VOKS picture exchange communication system.



The brain learns a skill better when it's tied to a practical goal.

When might this therapy be suitable?

- Your child has difficulty understanding spoken language.
- Speaks little, unclearly, or only in isolated words.
- Needs support in making contact and cooperating with others.
- Shows weaknesses in sensory perception.
- Has weak orofacial muscles.
- Is learning to use alternative and augmentative communication systems.



The child comes first,
the disability second.

A wide range of outpatient and intensive neurorehabilitation

Methods we work with: TheraSuit concept · Bobath concept · acral coactivation therapy · PNF (proprioceptive neuromuscular facilitation) · neurodevelopmental stimulation · integration of retained primitive reflexes · therapeutic massage · Galileo vibration platform · gait training in a traction cage · orthotic aids and therapeutic garments · snoezelen · feeding therapy · orofacial stimulation · oromotor exercises and massage · alternative and augmentative communication (e.g. the picture exchange communication system).

The parent is the most important member of the therapy team — but must always stay a parent!



It's essential to give a child time to experience a new movement, get used to it and, above all, enjoy it.

The brain can create new neural connections throughout life.

Who we are

We are a team of specialists in therapeutic care and rehabilitation for children, adolescents and adults. The ASTRA clinics in Prague and Brno offer a comprehensive, individual approach to patients with neurological and movement difficulties. The clinic was founded in cooperation with ARCADA NeuroMedical Center and other specialists in neurorehabilitation.

A relaxation zone for parents and a play corner for siblings

At ASTRA we care about the comfort of our clients and of the people who come with them. That's why we've created a pleasant space where parents can rest and recharge while their children are in therapy. In our relaxation zone you can enjoy a good cup of coffee, read a book, browse the internet, or chat with other parents. For children we have a play corner full of toys, from popular ride-on bikes to a play mat for the youngest. All of these services are completely free of charge.



Wi-Fi
connection



Fridge



Microwave



High
chair



Dishes



Coffee
machine



Milk,
sugar



Water
with lemon

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