



**Intensive Outpatient Neurological and Polytrauma  
Rehabilitation Centre**





# Your health your way

Intensive Rehabilitation Enhanced Through Robotics



## What is Neuroplasticity

Neuroplasticity is the brain's ability to change and adapt through experience. After illness or injury of the nervous system, rehabilitation encourages the rewiring of the brain to help it re-learn movements.

The key to this process is practice, practice, practice! The average number of repetitions during a typical therapy session is 30. It is estimated the brain needs at least 300-400 repetitions per session to begin rewiring the brain and to create meaningful outcomes.

## MDT Therapy

A Multi-Disciplinary Team (MDT) ensures a comprehensive care package is delivered. At VIM, we have a mix of disciplines to work with you along your rehab journey.

## Why Robotics

Robotics are an essential part of reaching the number of repetitions needed to see this positive change in the brain, enabling up to 40 times the number of steps compared to standard treadmill training. With the use of Robotics, our therapists can offer a higher dose of therapy with more consistency and frequency.

## VIM Gym

VIM Gym is a new concept. We offer you access to specialist equipment and personnel through a monthly membership of 45 GBP.

We want you to take control of your health journey, be independent and to thrive. That's the origin story of our name. Vim and Vigour, which in Latin means to 'thrive' and 'Energize'.



# Rehabilitation Packages



We understand that everyone is different, which is why we offer flexible packages that work around you. Prior to any admission, you will be reviewed by a highly qualified clinician to ensure that any package you choose is right for you.

## Whats Included?

1-2-1  
Hands on  
therapy

Robotics and VR  
Suite access

**VIM Gym**  
Membership

**VIM Gym**  
exercises  
Classes

**VIM Gym**  
personal training  
app

Lunch and  
Refreshments

## Optional Add On's

Hydrotherapy

Massage

Speech and  
Language

Clinical  
Psychology

Orthotics and  
Prosthetics  
service

Accessible  
Excursions



# Welcome To VIM GYM



## Inclusive and Specialist

VIM Gym is a new type of gym. We focus on specialist equipment supported by health care professionals to ensure the safety of our clients. VIM Gym is wheelchair accessible and has something for everyone.

With our VIM gym membership, you can still access the support you need when your intensive course is over for as little as **45 GBP per month**.

## Professional and Supported

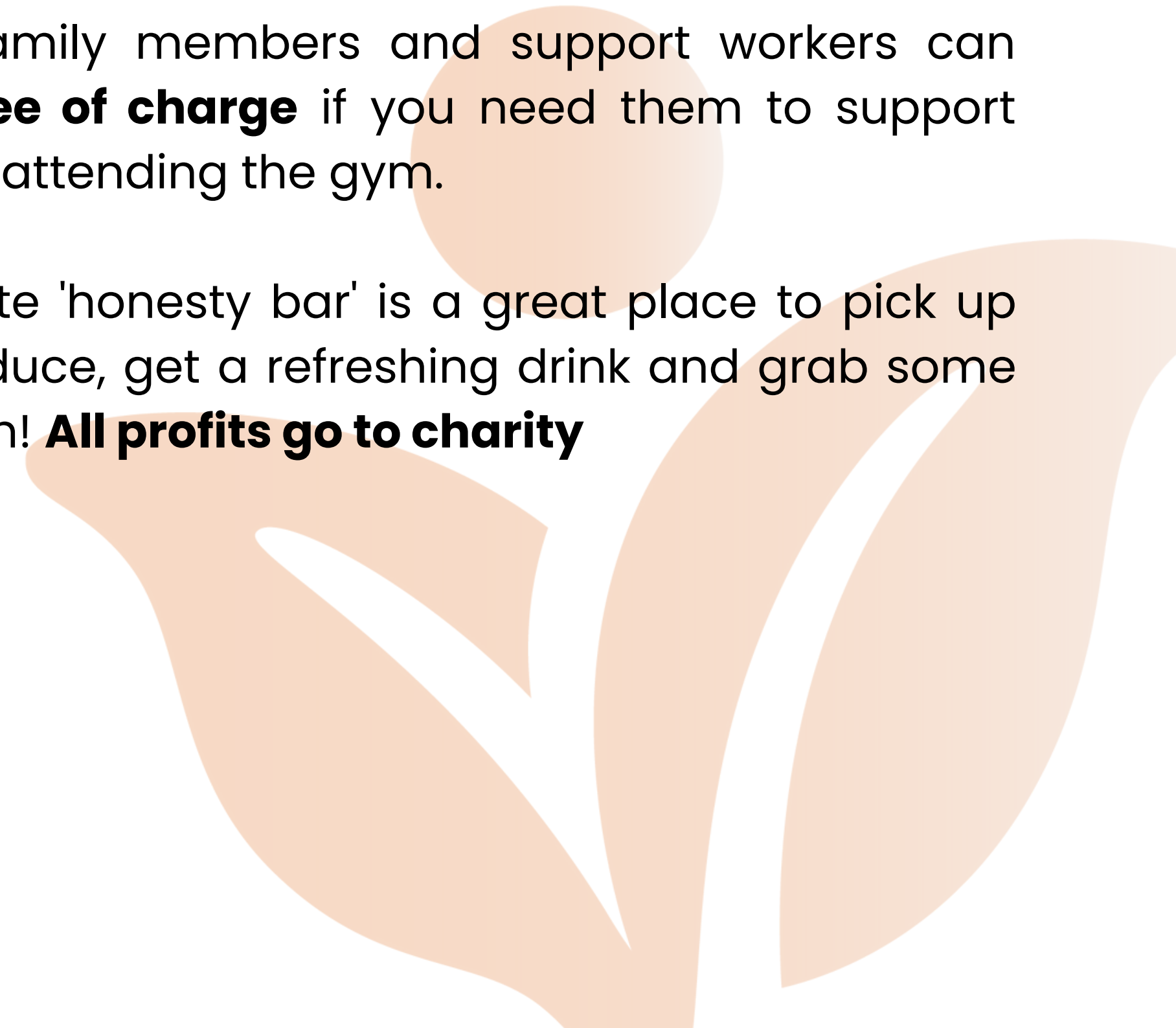
VIM Gym is supported by expert clinicians offering specialist equipment at standard gym membership prices. All staff have manual handling training and lots of experience with all equipment on site.

## Inclusive and Community Focused

Inclusivity and community are at the centre of what we do. VIM Gym is a friendly and safe space that supports your needs.

Carers, family members and support workers can attend **free of charge** if you need them to support you while attending the gym.

Our on-site 'honesty bar' is a great place to pick up local produce, get a refreshing drink and grab some VIM merch! **All profits go to charity**





# What Equipment is available?



## Lower Limbs

### Lyra - Gait Trainer

Thera-Trainers Lyra is based on sound scientific evidence that shows high repetition and consistent walking practice results in improved patient outcomes. 20% more patients using this device regain the ability to walk compared to traditional therapy approaches.

### Balo - Balance & Core Trainer

Balo allows patients to push their boundaries in a fun and safe way. Improving core stability, weight-bearing, and strengthening of upper and lower limbs are essential to the rehabilitation journey. Balo is also 'gamified', so the session is mentally stimulating and engaging.

### REX - Exoskeleton

REX is an exoskeleton that supports clients to be upright and mobile while performing other upper body, lower body and core stability exercises. It's an exciting tool that therapists can use to maximize exercise sessions for those unable to walk.



### Body Weight Supported Treadmills

We have body weight-supported treadmills for those progressing out of the Lyra or REX. These offer a fall-safe space to push your boundaries.

### FES - Cardiovascular Conditioning

Functional Electrical Stimulation (FES) is a process of stimulating the muscles through small electrical currents. These give weak, unresponsive arms and legs the ability to contract and maintain or even grow muscle mass. We have an FES bicycle that is great for cardio and other FES devices for the upper and lower body.

### TYMO - Sensor Based Rehab

TYMO is a unique device that offers a range of exercise options from strength conditions to balance work. TYMO like many of our devices is 'gamified' so therapy is engaging and motivating.





# What Equipment is available?



## Upper Limbs

### Amadeo - Hand Rehab

Amadeo is designed to work with the hand, fingers, and thumb. Just like with the lower limb, for neuroplasticity to occur, it's all about repetition. Amadeo supports high dose, consistent movements. Amadeo is also gamified, ensuring you don't get bored during therapy. It also keeps track of your progress and provides feedback, further helping with motivation levels.

### Saebomas - Upper Limb Rehab

The Saebomas dynamic mobile arm support system is a zero gravity upper extremity device specifically designed to facilitate and challenge the weakened shoulder and elbow during functional tasks and exercise drills.

### Saeboglove - Hand Rehab

The cutting-edge Saeboglove helps clients with neurological and orthopaedic injuries incorporate their hands functionally in therapy and at home.



### Tyrostation - Full Body Rehab

The Tyrostation is a therapy station like no other. It supports all types of therapy focusing on the gamification of functional tasks. Used in conjunction with the Pablo and TYMO, it offers a full-body rehab program from fingers to toes.

### Pablo - Full Body Rehab

Pablo is unique and allows you to exercise in a range of positions. The Pablo will enable you to do a full body exercise or focus on individual components of your movement or body. It is a motion sensor and biofeedback device that support the relearning of movements from head to toe.

### VR Therapy - Full Body Rehab

We have a room dedicated to VR therapy and the gamification of treatment. Through making therapy fun, motivation is improved, as is engagement.



# Residential Information

## Accommodation

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At VIM, we are keen to make the experience seamless. We have several different accommodation options, from high-end city break hotels on the Brighton seafront to countryside Airbnb retreats for those wanting a home away from home.

## Nursing

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We have also partnered with several different nursing agencies who can support you in your accommodation if needed.

## How to Find us

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**Location: Albourne Court, Hassocks, BN6 9FF**

There is parking on-site and public transport (via a bus). If required, we can arrange Taxis to and from the centre for you.

### **Time to Travel By Car**

Hurstpier Point (2 Min), Brighton and Hove (10 Min), Burgess Hill (10 minutes), Crawley (15 Minutes), Haywards Heath (15 minutes), Lewes (18 min), Horsham (20 minutes)