THE UNIVERSITY OF TEXAS AT SAN ANTONIO
KINESIOLOGY AND HEALTH INTERNSHIP
Agency Information Sheet

Today’s Date: 3/29/12
Agency Name: Beyond The Chair
Address: 5310 Jackwood Suite #2, San Antonio, Texas 78238
Phone Number: (210) 256-0700 Email address: beyonthechair.nito@gmail.com

1. Please briefly describe the scope of your facility/agency’s work. Printed brochures or fact sheets explaining your organizational goals may be attached.

See Attachment.

2. Indicate the most appropriate person(s) to contact within your agency regarding internship possibilities.

<table>
<thead>
<tr>
<th>NAME</th>
<th>TITLE/RESPONSIBILITY</th>
<th>PHONE#</th>
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<tbody>
<tr>
<td>Nito Blochlinger</td>
<td>Owner</td>
<td>(210) 256-0700</td>
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3. Briefly describe the internship experiences available with your agency.

The Intern will gain vital observation and hands on experience in the field of post rehab training, specifically with clients who have neurological disorders. They will learn our protocol and guidelines in these areas of components:

1. Active and Passive Range of Motion/Flexibility
2. Muscle Recruitment
3. Core Strengthening/Balance/Coordination
4. Weight-Bearing/Joint Stability
5. Cardiovascular Training/Endurance
6. Strength Training
7. Electrical Stimulation (FES Bike)
8. Active and Passive Gait Training
9. Functional Training
10. Fitness Evaluations/Assessments

4. Are there any restrictions to an internship that the student or university should be aware of? Will this be a paid position?

There are no restrictions and this will not be a paid internship. Successful completion of the internship program can lead to possible employment with Beyond The Chair.

Please return this questionnaire to:
Tunetha Wren, University Supervisor
Department of Health and Kinesiology
College of Education and Human Development
UTSA
San Antonio TX 78249-0654
Tel. (210) 458-5407 Email: tunetha.wren@utsa.edu
Fax: (210) 458-5873
Mission Statement:

1. Beyond The Chair exists to provide an improved quality of life for individuals with spinal cord injuries and other neurological disorders. Through dynamic exercise techniques, our goal is to enhance overall functional capacity.

Program:

Beyond The Chair offers an intensive post rehab training program for those living with spinal cord injuries and other related neurological disorders. Our highly motivated and skilled staff of Post Rehab Professionals utilizes scientifically based exercise training principles and modalities that are adapted to enhance the strength, endurance, and mobility of each individual with functional limitations. Our programs are custom-made for each individual member utilizing unique exercise techniques to stimulate nerves and muscles, functional and non-functional, below the level of injury with the goal of reeducating the dysfunctional nervous system to regain movement and sensation. Ultimately our focus is geared towards meeting the needs and goals of our members in an environment filled with inspiration, hope and determination with a supporting cast of friends, family and community all working together towards our mission.

This program is not to be confused with physical therapy, as it is a post-rehab program specifically designed to complement and improve the client's level of function after discharge from rehab services. Beyond The Chair does not purport to provide any aspects of treatment or diagnosis of our clients' medical conditions. Post Rehab Training is strictly and nothing more than a specialized safe and effective exercise program. We strongly believe that our program is a great approach to bridge the gap between healthcare and fitness professionals. Some of the conditions we work with are:

- Spinal Cord Injury
- Traumatic Brain Injury
- Post Stroke
- Multiple Sclerosis
- Muscular Dystrophy
- Cerebral Palsy
- Guillian-Barre
- Parkinson's Disease
- Amputee's

BTC staff will develop safe and effective strength and conditioning programs for our clients with functional enhancement in mind. The areas of function that are the focus of our program are listed below:

1. Active and Passive Range of Motion/Flexibility
2. Muscle Recruitment
3. Core Strengthening/Balance/Coordination
4. Weight-Bearing/Joint Stability
5. Cardiovascular Training/Endurance
6. Strength Training
7. Electrical Stimulation (FES Bike)
8. Active and Passive Gait Training
9. Functional Training
**Program Benefits (Potential):**

- Improved circulation and blood pressure
- Increased cardiovascular endurance
- Maintenance of bone density
- Increased muscle mass and strength
- Improved range of motion
- Reduced muscle spasms and spasticity
- Improved sensation/temperature control
- Increased mobility and ability to function independently
- Potential to reduce pain and depression