



Asha J Gummedi, PT, MS, NCS, CKTP
Neurological Clinical Specialist,
Vestibular Rehabilitation Competent.

Asha Gummedi brings over 20 years of clinical expertise in treating patients with neurological injuries and is one of the 3,041 American Physical Therapy Board Certified Neurological Clinical Specialists. Her extensive experience spans acute rehabilitation, inpatient, and outpatient care, with a specialized focus on vestibular rehabilitation. As a mentor, trainer, and educator, Asha is frequently invited to speak at national and international conferences and workshops. She is also the founder of Asara Therapy PLLC.

Cutting Edge Technology Used

- Functional Electrical Stimulation (FES) Bike
- Objective Gait Analysis System
- Body Weight Support System.

Why Choose Us?

- Board Certified Clinical Specialist
- Highly skilled therapists (LSVT BIG © Certified)
- Private treatment rooms
- Consistency with care (Treated by the same therapist)
- Registered with all major insurance companies

Affordable Payment Options

- Affordable Out of Pocket/ Cash Pay/
- Nonparticipating Options Offered
- We also offer discounted packages.

Contact Us

ASARA Physical Therapy & Balance Clinic

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Parkinsons

RECOVERY PROGRAM

A Multifactorial Approach



ASARASM

Physical Therapy & Balance Clinic

At Asara we treat the whole person

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A multifactorial approach to PD Recovery

At Asara Physical Therapy and Balance Clinic, our Parkinson's Recovery Program is designed to address the diverse challenges faced by individuals with Parkinson's disease (PD) through a comprehensive, evidence-based approach. This multifactorial program integrates physical, functional, and cognitive strategies to improve overall quality of life and maximize independence.

Program Objectives

- ▶ Improve motor function and reduce bradykinesia.
- ▶ Enhance gait mechanics, balance, and postural stability.
- ▶ Address non-motor symptoms such as fatigue and cognitive decline.
- ▶ Increase confidence in performing activities of daily living (ADLs).
- ▶ Reduce the risk of falls and associated injuries.

Key Components

Intensive Physical Therapy

- ▶ LSVT BIG Approach: High-amplitude, repetitive movements to recalibrate motor function and improve movement quality.
- ▶ Postural Stability and Strength Training: Emphasizing enhanced posture, muscle stability, and endurance development.
- ▶ Flexibility and Range of Motion Exercises: Address rigidity and improve joint mobility.

Visual Vestibular Rehabilitation

Visual-vestibular rehabilitation is a targeted intervention designed to address the unique challenges particularly in managing gaze stability, postural control, and balance. Impaired sensory integration between the visual, vestibular, and somatosensory systems is common in PD, contributing to difficulties with spatial orientation, mobility, and fall risk.

ASARA Physical Therapy & Balance Clinic

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Gait and Balance Training

- ▶ Treadmill Training with Visual and Auditory Cues: Enhances cadence, stride length, and gait symmetry.
- ▶ Body Weight Support Training System: Facilitates safe, progressive ambulation for early weight-bearing.
- ▶ Dynamic Balance Exercises: Activities such as obstacle navigation, multi-directional stepping, and perturbation training.
- ▶ Reactive Training: Utilizing interactive smart flash technology to enhance reaction time and agility.

Cognitive and Functional Integration

- ▶ Dual-Task Training: Combines cognitive challenges with physical activities to simulate real-life tasks
- ▶ Memory and Focus Enhancement Exercises: Helps mitigate cognitive decline and improve multitasking capabilities

Collaborative Care

- ▶ Collaboration with neurologists, occupational therapists, speech therapists and dieticians for a holistic approach.