

# INTEGRATED MOVEMENT DISORDERS PROGRAM

The Integrated Movement Disorders Program (IMDP) is an internationally renowned, clinical research program specializing in the holistic rehabilitation of functional movement disorder, Parkinson disease, and other movement disorders. Therapies use a personalized and evidence-based mind-brain-body approach to provide therapy for gait and balance disorders, tremor, myoclonus, dystonia, parkinsonism and episodic attacks. All treatments are evidence-based, time-limited, and based around individualized functional goals.



## Physiotherapy for Movement Disorders

Physiotherapy helps to build a better understanding of movement difficulties and learn how to improve them over time. It is especially effective for gait and balance problems, parkinsonism, unwanted extra movements like spasms and tremor, and weakness. Physiotherapy sessions are underpinned by an education model, involving both theoretical and practical components for movement retraining and self-management.

## Psychotherapy for Movement Disorders

Psychotherapy helps to build a better understanding of movement patterns and learn strategies to manage difficulties over time. It is especially effective for episodic movement attacks, and unwanted movements occurring together with anxiety, low mood, PTSD, or other common mental health symptoms. The best results occur when different techniques are combined to suit your needs.

## Integrated Rehabilitation for Movement Disorders

Integrated rehabilitation is delivered by a physiotherapist and psychotherapist, social worker, or psychiatrist together in real time. Combining strategies across the mind-body spectrum is immensely beneficial to understanding your own nervous system patterns and responses and finding the most effective strategy to manage movement disorders. Multiple different techniques will be used in combination during sessions to support your recovery.

## Our Team

Our therapy team is made of experts in movement disorders rehabilitation and includes physiotherapy, psychotherapy and social work.

## Commitment

Physiotherapy and integrated therapies are delivered for an average of 6 sessions over a 12-week period. Psychotherapy sessions are delivered for an average of 12 sessions over a 24-week period (in person and/or virtual).

## Cost

Physiotherapy and psychotherapy initial assessments are one hour and cost \$200 CAD. Follow-up therapy sessions are also one hour and cost \$170 CAD.

Integrated initial assessments cost \$350 CAD and is 75 minutes. Follow-up integrated therapy sessions are one hour and cost \$300 CAD.

Physiotherapy and psychotherapy may be covered by extended health benefits. Integrated therapy may be covered depending on the insurance provider. Please note that all fees-for-service are directed only to patient care.

## Who are these treatments good for?

Our best outcomes are in individuals who have received a diagnosis of a movement disorder by a neurologist, have a basic understanding about their illness, and are ready to devote the necessary time and energy to therapy.

## What we do NOT provide

We do not provide disability assessments, reports for legal cases, or appointments with a physician.

If you would like a consultation with Dr. Lidstone, Movement Disorders Neurologist, please have your physician make a formal referral to  
(fax) 416-263-8053 or email [IMDP@uhn.ca](mailto:IMDP@uhn.ca).

How to get in touch:

If you are interested in learning more or booking an assessment, please email [IMDPRehab@uhn.ca](mailto:IMDPRehab@uhn.ca) for more information.

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