



## WHAT WE OFFER

We offer comprehensive and individualized Activity-Based Training programs and expert trainers who follow research-based guidelines from the NeuroRecovery Network for optimum recovery of each member.

### **Our center offers:**

Neuromuscular Electrical Stimulation (NMES)

Functional Electrical Stimulation (FES)

Guided Activity-Based Training

Cardiovascular Exercise

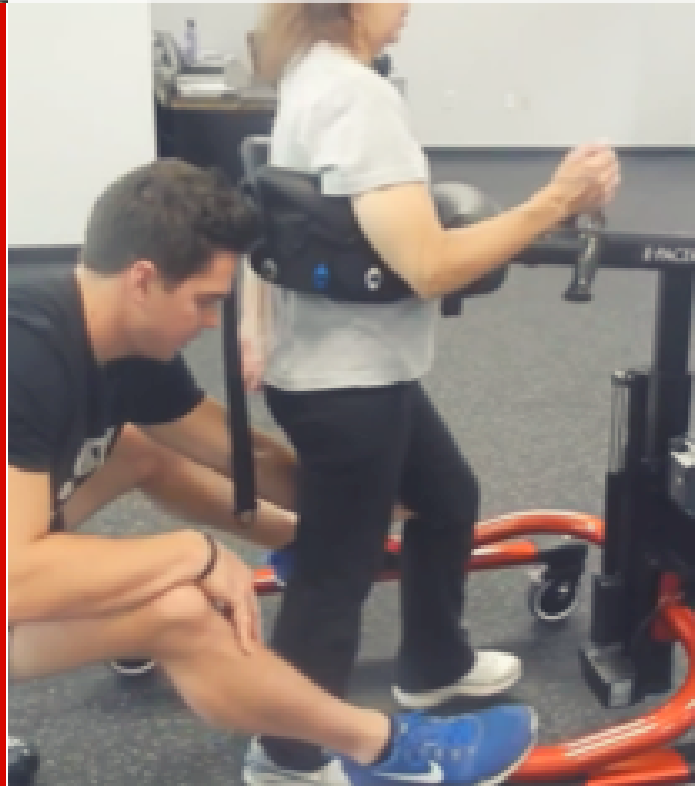
and more to come!



## OUR STORY

On November 20, 2015, a car merged into Michael Thor, a local chef and restaurateur, while he was on his motorcycle, sending him head first into a utility pole. He suffered a multitude of injuries including a fractured spine at the C2 level.

Paralyzed from the neck down, Michael spent 2 years at the Shepherd Center in Atlanta. To return home to Raleigh, it was essential he was able to continue his intensive Activity-Based Training.



## WHO WE ARE

NextStep Raleigh is a non-profit, 3,200 sq/ft, brand new, specialized, progressive and affordable community-based center created to deliver essential rehab and fitness services to the underserved individuals living with paralysis in the Triangle area of NC.

## WHO WE SERVE

Through our specialized center and our unique expertise, we will strive to improve the recovery, health and independence of individuals living with *Spinal Cord Injury* (SCI), *Stroke*, *Traumatic Brain Injury* (TBI), *Multiple Sclerosis* (MS), *Cerebral Palsy* (CP) and other neurological conditions.



## CONTACT US



919-679-9405 (P)  
919-679-9404 (F)



6601 Hillsborough St.  
Suite 113  
Raleigh, NC 27606



[www.NextStepRaleigh.Org](http://www.NextStepRaleigh.Org)



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RALEIGH  
Paralysis Recovery Center



## LIFTING LIVES TO NEW HEIGHTS

[www.NextStepRaleigh.org](http://www.NextStepRaleigh.org)