



The Heuro Program

The Heuro treatment program is 14-weeks long (16 weeks if including pre-treatment assessments and post-treatment follow up). The first 2 weeks are at the Heuro PoNS Treatment Centre (the “clinic”), and the next 12 weeks are at home on your own, with weekly in-clinic visits to progress your exercises and check-in with your Certified PoNS Treatment Clinician (or “therapist”) to make sure you are on the right track. It’s an intensive program that requires a lot of dedication. Daily training sessions remain very similar throughout the program, and are broken into three sections: one in the morning (1.5 hours), one in the afternoon (1.5 hours), and one shorter session (20 minutes) in the evening.

After the clinic has confirmed your eligibility for the program, you will be booked for a comprehensive set of assessments (the *Heuro Battery of Assessments*) to fully capture and document your functional, physical, and cognitive status. This process is termed “baselining” - the measurement of status prior to treatment. Baselining takes place in two ~2-hour appointments over two days in the clinic. The information from this process is entered into the *Heuro Client Information System*. All assessments conducted are industry gold standards. More information can be found on these 15 assessments can be found in **Attachment B** of this document.

Once you have been baselined, you will enter the 14-weeks of Heuro PoNS Treatment.

Generally, each Heuro client starts on a Monday. For the first three days, you will end up spending most of your day at the clinic, getting familiar with your therapist and the PoNS Treatment Program.

After that first three days, you will come to the clinic once a day for 1.5 hours, either in the morning or afternoon. The other daily therapy session will be completed at home on your own. You will complete the same training program every day of the week, except Sundays (rest days).

During the at-home phase of the program (which starts at Week 3, and ends once the program has been completed, at Week 14), you will complete all the daily training sessions at home, except once a week where you will return to the clinic to work with your PoNS Treatment Clinician to assess and progress your exercises. This in-clinic session will take ~1.5 hours.

During your last week of PoNS Treatment, the clinic staff will book the final Heuro Battery of Assessments within 1 week of your treatment completion date. Similar to baseline, these



assessments will take place over 2 days in two-hour blocks. The information from this ‘final’ assessment will provide a numerical summary of your status after PoNS Treatment and will be provided to you and your designated physician (as requested). At the end of the 14th week, the Heuro PoNS Treatment is complete, and the clinic staff will collect the PoNS and any other devices from you.



Attachment B:

Heuro Battery of Assessments

Before the treatment program starts, we do a series of baseline assessments so we can get a detailed picture of your ‘starting point’ or ‘baseline’, and identify some areas to work on. We’ll test your balance, walking, cognitive abilities, HTC Brain Vital Signs™, and parts of your functional capacity.

Smaller portions of the battery of assessments will be completed again at the ends of weeks 2 and 8 to monitor your progress. After the PoNS Treatment part of the Heuro Program we will re-do all of the assessments you did at the beginning, to see how you’ve progressed. The assessments must be completed in the clinic. This will usually take 2-4 hours, and your PoNS Treatment Clinician can update your exercise program at the same appointment.

		Week 0 & 14	Week 2	Week 8
Cognitive Assessments	NeuroCatch Brain Vital Signs (HTC-BVS)	✓	✓	
	Vienna Testing System Cognitive Battery	✓		
	Canadian Occupational Performance Measure (COPM)	✓		✓
	Pittsburgh Sleep Quality Index (PSQI)	✓		✓
	Mental Health Inventory-18 (MHI-18)	✓		✓
	Brief Pain Inventory Short Form	✓		✓
	Headache Disability Index (HDI)	✓		✓
Physical Assessments	Balance Error Scoring System (BESS)	✓	✓	✓

	Functional Gait Assessment (FGA)	✓	✓	✓
	10 Metre Walking Testing (10m Walk)	✓	✓	✓
	Buffalo Concussion Treadmill Testing (BCTT)	✓		✓
	Vestibular/Ocular-Motor Screening (VOMS)	✓		✓
Functional Assessments	Strength	✓		
	Range of Motion	✓		
	Dexterity	✓		