When Mark Ruth became an airline pilot and flight instructor, he fulfilled a childhood dream to be a pilot like his father. But it all came crashing down when a tumor was discovered on his brain.

One neurosurgeon after another declared the tumor inoperable. Mark finally found one who agreed to the risky surgery. Mark survived the ten-hour procedure but bruising from the surgery caused a stroke. Then he went into a coma. He wasn’t expected to live, but he did. At 33, he had to learn how to walk again—a process fraught with frustration, anger and tears.

“My ultimate goal was to fly again, but the FAA didn’t allow pilots to fly after a stroke,” he said. “I could jog, but I couldn’t use a camera, computer or play the piano—three things I loved to do.”

A family member sent him an article about Taub Therapy Clinic and he applied right away. With his therapist by his side, he practiced scales on the piano and typing on a computer, among other exercises.

Mark petitioned the FAA four times to regrant his medical certificate. It was declined every time. But after completing Taub Therapy, the FAA finally granted him permission to fly again. “I’m grateful to American Airlines for welcoming me back as a pilot,” he said. “I’m also indebted to Taub Therapy Clinic for helping me to reach my goals.”

At 47, Mark returned to the cockpit. “I’m proud to have reached my goal in life a second time,” he said. “You truly never know what you have until you lose it.”

Since its opening, Taub Therapy Clinic has proven to be more than 95% successful in helping qualified stroke or brain injury patients rediscover independence.
HOW DOES TAUB THERAPY WORK?

• A physical or occupational therapist works exclusively with each patient to practice a behavioral technique known as shaping. As the patient repeats timed exercises, such as stacking cups or picking up paperclips, the therapist encourages the patient to improve each task. This positive reinforcement and one-on-one interaction is key to Taub Therapy’s success.

• Each patient is unique, so the program is tailored to match the individual’s goals and ability level.

• During arm therapy, the unaffected hand is placed in a special mitt 90% of waking hours to prevent its use. The mitt encourages the use of the affected arm and, over time, rewires the brain.

• During leg therapy, the patient must rely on the affected leg to repeatedly perform a variety of exercises designed to improve strength and coordination.

WHAT KIND OF TIME COMMITMENT IS INVOLVED?

• Taub Therapy is more effective than other therapy programs because of its intensity. Depending upon the patient’s condition, Taub Therapy may last two to three weeks for either three and a half or seven hours each day with a lunch break and frequent rest periods. He or she must also complete exercises independently in the evenings and on weekends.

• After completing Taub Therapy, patients are given an individualized program to follow at home. The patient is also asked to complete four self-evaluations to help the clinic track progress and make recommendations for improving the home program. In addition, the patient’s therapist stays in contact by phone for several months.

WHAT HAS TAUB THERAPY CHANGED THINKING TOWARD STROKE THERAPY?

• Some patients have been told they will be impaired or disabled for the rest of their lives.

• Past research has suggested that patients reach their maximum level of possible rehabilitation just one year post-stroke.

• Taub Therapy offers patients the opportunity and the support to improve the use of their limbs, no matter how long ago the stroke or brain injury occurred.

HOW SUCCESSFUL IS TAUB THERAPY?

• Since opening in 2001, Taub Therapy Clinic has proven to be more than 95% successful in helping qualified patients recover independent function. The results have been so impressive, Taub Therapy Clinic has been profiled by Newsweek, The New York Times, US News and World Report, USA Today, The National Geographic Channel, CNN, ABC and CBS, among others.

• Taub Therapy empowers patients to continue to improve on their own, which can lead to a whole new outlook on life.

WHO IS A CANDIDATE FOR TAUB THERAPY?

• Most candidates for Taub Therapy have suffered a stroke and have completed traditional post-stroke rehabilitation. However, Taub Therapy has also been proven to benefit those who have lost limb function due to traumatic brain injuries and brain damage resulting from surgery or radiation therapy.

• Taub Therapy is designed to help people who can make at least limited movements with the affected arm and hand and walk about 25 feet several times a day with or without physical assistance.

WHAT SETS TAUB THERAPY CLINIC APART FROM OTHER CI THERAPY CLINICS?

• The first of its kind, Taub Therapy Clinic has done more extensive clinical research on CI therapy than any other clinic in the world. Dr. Taub’s methods have been proven to work no matter how long ago the stroke occurred.

• No other program provides the intensive, therapist-guided practice of movement that is essential to Taub Therapy. Dr. Taub personally oversees the treatment program to ensure each patient receives the best outcome possible.