TIRR Memorial Hermann
Dysautonomia Exercise Program

TIRR Memorial Hermann offers a community-based dysautonomia exercise program including both circuit training and aquatic therapy sessions. This exercise program provides the skills needed to transition successfully to community settings and back to the life you love.

Goals:
- Improve endurance, strength, and aerobic capacity allowing full participation in the community
- Utilize evidence based outcome measures to determine intervention effectiveness
- Provide social interaction within a group setting to participants

Intervention:
- Group exercise led by a fitness trainer
- Duration: 60 minutes per session for 12 weeks
- Frequency: 3x/week: 2x-circuit training, 1x-aquatic therapy
- Intervention: circuit training including lower/upper extremity and core strengthening

Ages:
- 10-21 years old

Schedule:
- Mondays: Aquatic therapy at Memorial City
- Tuesdays and Thursdays: Circuit training at Kirby Glen

Location:
TIRR Memorial Hermann Outpatient Rehabilitation at the Kirby Glen Center
2455 South Braeswood
Houston, TX 77030

TIRR Memorial Hermann Outpatient Rehabilitation on the Campus of Memorial Hermann Medical Center Memorial City
929B N. Gessner Rd. #108
Houston, TX 77024

Referrals:
- A physician referral/prescription is required to participate in the program
- To make a referral, please call 713.524.9702 or fax a referral form to 713.383.5713

For more information, please contact:
- Mallory Gutierrez at 713.383.5693 or Mallory.Gutierrez@memorialhermann.org
- Anna de Joya at 713.797.7627 or Anna.Dejoya@memorialhermann.org