

Pediatric Neurologist Opens New Cerebral Palsy Practice that Treats the Whole Child

PLANO, Texas, May 4, 2015 (SEND2PRESS NEWSWIRE) – Dr. Janice E. Brunstrom-Hernandez, also called “Dr. Jan” by her patients, is a board certified pediatric neurologist. Her mission is to help children (0-22) with cerebral palsy (CP) to live their very best lives, now and in the future. And her new practice – 1 CP Place – is designed to do just that.

Her approach is comprehensive yet individualized, and addresses more than just the motor disability. She also looks for associated neurodevelopmental and health problems common in patients with CP and then prescribes a customized treatment plan based on the unique goals and needs of each patient. She truly understands the importance of listening to families and treating the whole child. She, too, has CP and has tackled many of the same challenges faced by her patients.

And, while Dr. Jan may be new to Texas, she is not new to running a world class cerebral palsy clinic. Prior to moving to Texas with her husband, Ruben, 1 CP Place’s practice manager, she founded and directed the Cerebral Palsy Center at St. Louis Children’s Hospital. She has been featured in People magazine, Parade, USA Today, and has appeared on “The Today Show.”

Dr. Jan adds that it was difficult for her to leave her friends, colleagues, patients and family behind in St. Louis, but she is confident that the well trained team there will continue to thrive.

“I am very excited to have this new opportunity ahead. It has been a longstanding dream of mine and is now becoming a reality,” she says. “It’s all about helping each child grow up to be as independent, mobile, active and healthy as possible. I want them to live long, healthy, pain-free lives, to be as productive and happy as possible, to dream dreams, set big goals and achieve them.”

1 CP Place was designed as a center where children can come to receive multiple services all in one place, and where everyone is focused on the specific needs of children with CP.



“It’s not uncommon for things to be somewhat disjointed in the healthcare industry, especially for patients with chronic and complex medical problems like CP. Families often get pulled in many directions and have to go to lots of different appointments/locations to see the doctor, then the physical therapist, occupational therapist, orthotist, equipment specialist etc.,” she says. “It can be very stressful, and we want to reduce that stress. Now they don’t have to go all over the place. We will do all that here and we will also offer CP-sports programs, similar to the ones founded in St. Louis.”

For more information, visit: <http://www.lcpplace.com/>. A ribbon cutting ceremony is scheduled to take place on May 12, 2015.

About Dr. Janice E. Brunstrom-Hernandez:

Dr. Janice E. Brunstrom-Hernandez earned a BS in biology from Pacific Lutheran University in Tacoma, Wash., and a medical degree from the Medical College of Virginia at Virginia Commonwealth University in Richmond, Va. In 1992, she completed her pediatric neurology training at St. Louis Children’s Hospital and Barnes-Jewish Hospital and then completed a post-doctoral research fellowship in Developmental Neurobiology under the mentorship of Dr. Alan Pearlman before joining the faculty at Washington University School of Medicine in St. Louis, Missouri in 1995.



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Under her leadership, the Cerebral Palsy Center in St. Louis has treated more than 2,000 patients from all over the U.S. and around the world. She has also established several adaptive sports programs such as martial arts, swimming and basketball. In 2003, she founded the Carol and Paul Hatfield Cerebral Palsy Sports Rehabilitation Program at SLCH (now in its 12th year) that includes Camp Independence, an intensive adapted summer sports program for children and adolescents with cerebral palsy.

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- Caption: Dr. Brunstrom-Hernandez and patient Taylor Udelhofen at 1 CP Place in Plano Texas.
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- Caption: Dr. Brunstrom-Hernandez working with a patient and his parents on his exercises.
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