

# Build a Winning Care Team

Living with FND can feel unpredictable—but you're not alone. Imagine your wellness journey as a team sport, where every teammate plays a unique and essential role in helping you thrive.

Here's your playbook for creating a winning lineup:

## Key Players



### **The Captain:** You

You are the team captain. You guide the vision, advocate for your needs, and decide which teammates support your game plan. You don't have to know all the plays—just be willing to lead with courage and curiosity.

### **The Strategist:** Neurologist

Your neurologist provides the FND diagnosis and guides the overall plan. While they may not treat every symptom, they ensure the team is working from a shared understanding and can help coordinate referrals.



### **The Movement Coach:** Physical or Occupational Therapist

These professionals retrain your body's movement patterns, improve function, and support daily activity pacing. Their work restores confidence and reduces fear around physical symptoms.



### **The Insight Specialist:** Psychologist or Therapist

This teammate supports both your mind and relationships. They help shift how you think about symptoms, reduce fear-based responses, and build emotional regulation. Look for therapists familiar with FND, somatic work, or polyvagal-informed care.

### **The Communication Coach:** Speech + Language Therapist

If you're dealing with issues like voice changes, stuttering, swallowing difficulties, or even cognitive-communication symptoms (e.g., word-finding or processing challenges), a speech therapist can help. They support both physical function and self-expression.



### **The Systems Thinker:** Social Worker or Case Manager

They help remove barriers like financial stress, insurance issues, and care coordination. Whether it's navigating disability paperwork or connecting you to local services, this player keeps things moving behind the scenes.

### **The Wellness Specialist:** Complementary Providers

These teammates offer body-mind tools that support your nervous system: yoga, breathwork, mindfulness, nutrition, or gentle fitness. While they don't replace medical care, they build resilience and improve quality of life.



### **The Life Liaison:** School Staff or Workplace HR

For students, your school counselors, nurses, and special education staff may help create support plans or accommodations. For working adults, HR teams and managers can assist with flexible schedules, short-term leave, or job modifications. They're part of your extended team, helping reduce life stress that can worsen symptoms.



## The Team Communicator: You (Again)


As captain, you help ensure the team communicates well. You might bring notes to appointments, track progress, or share insights across providers. Don't assume your team talks to each other—you can be the bridge.


### Quick Tips to Get Started

- Start a care journal:** Log symptoms, flares, progress, and questions to share with your team.
- Prioritize communication:** Bring notes or a support partner to appointments. Don't assume providers are talking to each other.
- Use telehealth when possible:** Especially for rare specialties, online access may broaden your team.
- Vet your providers:** Look for those with experience in FND or a willingness to learn and collaborate.
- Educate your team:** Share resources from Fit + Function or other trusted sources to bridge knowledge gaps.
- Join support groups:** Peer insights often point you toward helpful providers and strategies you wouldn't find on your own.



**Fit + Function**

 [www.fit-function.com](http://www.fit-function.com)

 [info@fit-function.com](mailto:info@fit-function.com)

Copyright © 2025 Fit + Function