

Clinical Memorandum: Adjunct Therapy for Adult ADHD

CLINICAL OVERVIEW

Adults with Attention-Deficit/Hyperactivity Disorder (ADHD) frequently present with treatment-resistant executive dysfunction and comorbid metabolic syndrome. While pharmacological interventions remain first-line therapy, monotherapy often fails to address the behavioral and metabolic cascading effects of the disorder.

Strength Protocol is a 12-week intensive behavioral therapy program designed specifically for neurodivergent adults. We utilize mechanical Central Nervous System (CNS) loading, metabolic management, and rigid environmental architecture to provide a biological scaffold for patients whose internal regulatory systems are impaired.

THE EVIDENCE BASE

Our protocols are governed strictly by current clinical literature:

- **Executive Function Enhancement:** A 2026 systematic review and meta-analysis (*Xu et al., Psychology of Sport and Exercise*) demonstrates that acute, structured exercise interventions exert a moderate positive effect on inhibitory control (Hedges' $g = 0.55$) in adults with ADHD—an effect size comparable to some pharmacological interventions.
- **Neuroplasticity CNS Rehabilitation:** Moderate-to-high intensity resistance training induces measurable neuroplasticity and upregulates Brain-Derived Neurotrophic Factor (BDNF) in the prefrontal cortex (*Chow et al., Sports Medicine, 2021*). We utilize closed-skill resistance training to drive neural adaptation and improve task initiation without exhausting the patient's limited working memory.
- **Cardiometabolic Risk Reduction:** The American College of Cardiology recognizes structured physical activity as a potent adjuvant to ADHD pharmacotherapy, effectively mitigating the sympathetic overdrive and cardiovascular risks associated with stimulant use (*Torres-Acosta et al., JACC, 2020*).
- **Dopamine Synthesis via Nutrition:** We employ high-protein nutritional architecture (1.2–1.6 g/kg/day) to stabilize blood glucose and provide the necessary tyrosine and phenylalanine precursors for sustained catecholamine production, directly addressing impulse control and satiety.

TREATMENT METHODOLOGY

We do not rely on patient "willpower" or motivation. We assume a baseline of prefrontal hypofunction and engineer the patient's environment accordingly.

1. **Friction Engineering:** Removing the decision-making burden from daily routines

2. **CNS Reset:** Early morning heavy compound movements to force acute catecholamine release

3. **The 30-30 Rule:** 40g of protein within 30 minutes of waking to stabilize the reward circuit

REFERRAL INTEGRATION

Strength Protocol acts strictly as an **adjunct lifestyle medicine intervention**. We do not manage medications or provide psychiatric diagnoses. We ensure your patients have the biological stability required to maximize the efficacy of the treatments you are already providing.

Patients pay time-of-service (\$250/visit) and receive a superbill for out-of-network insurance reimbursement (CPT 99214/99215). Progress reports are securely routed to your office at Weeks 4, 8, and 12.

HOW TO REFER

To refer a patient who is struggling with weight loss, lifestyle adherence, or the "ADHD Tax," please have them schedule an intake directly at **strength-protocol.com**, or contact us at:

Email: dylan@strength-protocol.com

Phone: 507-591-1641

Respectfully,

Dylan Kratochvil, MSN, NP-C

NPI: 1962135913

strength-protocol.com

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Contraindication and Inclusion Criteria

Strength Protocol: 12-Week Total Human Operating System

Contraindications Triage Matrix

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ABSOLUTE CONTRAINDICATIONS (Exclude)

Condition	Action
Active eating disorder	Refer to a specialist; defer enrollment
Unstable cardiovascular disease (recent MI, unstable angina, uncontrolled arrhythmia)	Cardiology clearance required
Acute musculoskeletal injury prevents resistance training	Defer until cleared by orthopedics/PT
Severe uncontrolled psychiatric illness (active psychosis, acute suicidal ideation)	Emergency psychiatric referral
Pregnancy without obstetric clearance	Obtain OB clearance before enrollment

RELATIVE CONTRAINDICATIONS (Require Clearance)

Condition	Required Action
Controlled cardiovascular disease	Cardiology clearance; monitor BP/symptoms
Diabetes (Type 1 or 2)	Coordinate with endocrinology; monitor glucose
Chronic pain conditions	Clearance required; modify protocols

Condition	Required Action
History of eating disorder (remission)	Screen carefully; coordinate with mental health provider
Severe obesity (BMI >40)	Medical clearance; modify protocols
Uncontrolled thyroid disease	Endocrine clearance; optimize management
Medication interactions (beta-blockers, stimulants)	Review medications; coordinate with prescriber

INCLUSION CRITERIA

Weight loss resistance despite traditional programs

Executive dysfunction (ADHD, neurodivergence, task initiation failure)

Metabolic friction (dopamine dysregulation, decision fatigue, habit breakdown)

Failed programs due to consistency issues

Seeking non-pharmacological metabolic intervention

Adults 18+ able to participate virtually

Willing to engage in weekly accountability

Note: The program benefits anyone struggling with weight loss and adherence, not limited to neurodivergent populations.

Contact: Dylan Kratochvil, MSN, NP-C | dylan@strength-protocol.com | 507-591-1641

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Provider Referral Packet

Strength Protocol

Provider Information

Provider Name:

Provider Contact:

NPI: _____

Date: _____

Current Medications

Relevant Diagnoses

ADHD

Obesity (BMI: _____)

T2DM

Reason for Referral

Patient Information

Patient Name:

DOB: _____

Contact:

Phone:

Prior Weight Loss Attempt

1. _____

2. _____

Referral Criteria Checklist

Refer if patient has:

- BMI ≥ 30 OR BMI ≥ 27 + comorbidity
- Failed ≥ 2 weight loss attempts
- Executive dysfunction/neurodivergence
- Motivated but inconsistent

Exclusions:

- Active eating disorder
- Uncontrolled psychiatric crisis
- Pregnancy/lactation
- Recent bariatric surgery (12 months)

How to Submit Referral


Option 1: Email this form to dylan@strength-protocol.com

Option 2: Patient self-refers via <https://strength-protocol.com/>

with your name

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