Senior Rehabilitation

“...the Biodex Balance and Mobility Program has proven invaluable in generating referrals from local hospital discharge planners and doctors, as well as rehabilitation of our chronic residents.”
Orthopedic Patients

Orthopedic patients, specifically hip and knee arthroplasty, and fractures resulting from falls...

• The Biodex Balance System SD™ helps improve balance, coordination and muscle tone while providing fall risk screening and conditioning.
• The Biodex Gait Trainer encourages patients to reestablish the step length and speed necessary for step symmetry. Parallel bars and ordinary treadmills don’t train proper gait. Both the Biodex Gait Trainer and Balance System SD include visual and auditory cues that have shown to improve outcomes. Documented reports prove them.
• The Biodex BioStep Semi-Recumbent Elliptical Cross-Trainer encourages neuromuscular effort and endurance. This has often deteriorated due to the pain of osteoarthritis that preceded the surgery, and can persist through the post-op rehab period, impairing recovery of strength critical to safe gait. The BioStep Semi-Recumbent Elliptical is used to begin strengthening the patient in a progressive functional manner.

• The Biodex Evidence-Based Clinical Protocols for orthopedic patients have been developed by leading orthopedic surgeons and physical therapists. They are based on known science and best practice.

Neurologic Patients

Early restoration of strength, gait and balance are critical for achieving positive long-term outcomes. Proper progressions are actualized through consistent re-evaluation and re-assessment of the short-term goals necessary to achieve the desired long-term functional outcomes. This patient population consists of persons who are unable to stand or walk properly, and are at risk for developing compensating gaits that place them at risk of a fall.

• The Balance System and Gait Trainer help therapists encourage improved weight-shifting, stance and stride with the affected limb, without which patients are at increased risk of falls—and both real-time biofeedback and printed reports help reinforce needed patient effort.
• The Unweighing System gives stroke patients the confidence that they can follow therapist directives without fear of falling, without using additional therapists to support and stabilize the patient.
• The BioStep encourages gradual strengthening of affected upper and lower extremities, as unaffected extremities can propel the BioStep until affected limbs re-acquire functionality.
• The FreeStep SAS (Supported Ambulation System) bolsters patient confidence by enhancing safety for both patient and therapist, throughout the rehabilitation area.

Parkinson’s Patients

This group is at risk of falls due to typical “freezing” and altered gait—whether patients discharged from a hospital as a result of fall injuries, or those who are simply unsteady, but for whom a fall is inevitable.

• BioStep can help Parkinson’s disease patients break the muscle “freezing” that characterizes the disease.
• For patients deemed a fall risk on the Gait Trainer or over ground, the Unweighing System has proven useful.
• The Biodex Evidence-Based Clinical Protocol for neurology patients is consistent with “Management of Adult Stroke Rehabilitation Care” American Stroke Association.
**Cardiovascular Patients**

- The BioStep incorporates both the upper and lower extremities into the cycling motion; patients experience less local muscle fatigue. This allows similar heart rates to be achieved at lower rates of perceived exertion when compared to traditional exercise ergometers. Blood pressures can be checked while the patient continues to exercise by simply releasing one arm while the other three extremities comfortably continue to perform the exercise. Patients who may experience leg claudication during exercise can easily reduce effort in the involved leg, while keeping heart rate elevated, by transferring workload to the non-involved extremities.

- The treadmill features of the Gait Trainer, including heart rate and MET level monitoring, simplify the cardiovascular exercise prescription as dictated by the physician. The combination of the BioStep and the Gait Trainer provides a great foundation for your cardiovascular conditioning program.

**Senior Falls**

“While no one can totally prevent falls, you can reduce the risk of falls with a dedicated Fall Risk Screening and Conditioning Program.”


Just about every executive in the senior residential facilities business is aware that falls are growing at an almost epidemic rate, the Centers for Disease Control (CDC) Falls Statistics point this out:

- 75% of Skilled Nursing Facility residents fall annually
- 28% of those over 65 that break a hip are deceased within a year
- Less often cited: -24% of falls result from muscle weakness or walking/gait problems

“Reducing the incidence and consequences of falls is, therefore, a key responsibility of administrators in residential, assisted and skilled settings.” Reference: CNA Insurance

And so, the insurer recommends that its clients:

- Perform an initial fall risk assessment immediately upon admission.
- Consistently utilize and revise (as needed) a fall prevention care / service plan for each resident at risk for falls.
- Document efforts to monitor and decrease falls for residents who have multiple falls.

**More Than Balance: Marketing, Recruitment & Retention**

Biodex presents a Fall Screening and Conditioning Program with state-of-the-art equipment – a marketing tool facilities can promote to doctors, discharge planners and families. Showing that you are proactively addressing the issue of falls with the latest fall screening and balance training technology will set your facility apart and help your sales and marketing departments reach their goals.

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Balance and Mobility Solutions: Biodex can take you the entire way

**CORE BALANCE with the BALANCE SYSTEM SD**
Applications: Older Adult, Fall Risk Screening & Conditioning, Joint Replacement, Lower Extremity Amputee, Fractures and Ankle Sprains

**EXPANDED BALANCE / STRENGTH PROGRAM with the BIOSTEP® 2 SEMI-RECUMBENT ELLIPTICAL CROSS-TRAINER**
Add the Biodex BioStep 2 for Older Adult applications, Cardiovascular Conditioning, Neurorehabilitation, and Orthopedic Rehabilitation

**EXPANDED MOBILITY PROGRAM with the GAIT TRAINER**
Add the Biodex Gait Trainer for Older Adult applications, Spinal Cord Injury, Stroke/Traumatic Brain Injury, Parkinson’s Disease, Lower Back Injury, Lower Extremity Amputee, Orthopedic Rehabilitation and Neurorehabilitation (often in conjunction with the Biodex Unweighing System)

**ADD THE UNWEIGHING SYSTEM TO INCREASE PATIENT CONFIDENCE AND SAFETY**
Older Adult applications, Spinal Cord Injury, Stroke/Traumatic Brain Injury, Parkinson’s Disease, Lower Back Injury, Lower Extremity Amputee, Orthopedic Rehabilitation and Neurorehabilitation (often in conjunction with the Biodex Gait Trainer)

**INCREASE AMBULATION SAFETY WITH the FREESTEP SAS**
FreeStep SAS is an overhead track and harness system for patient and therapist safety. Support weak or balance deficient patients without using additional floor space or requiring additional staff.

Proven technology...supported by clinical protocols and a full line of marketing material
- Biodex clinical protocols help you provide patients with superior care, improved outcomes... and be able to prove it.
- Increase referrals with the Biodex Marketing Support Program – customized marketing tools from patient brochures and community outreach material to discharge planner mailers and physician referral letters.

Contact Biodex today for a full presentation on how Biodex can help you increase referral rates and improve patient outcomes. For the full story visit www.biodexseniorrehab.com