

BROOKSIDE'S STATE-OF-THE-ART FACILITY HELPS PATIENTS GET BACK ON THEIR FEET



Advanced technology helps progress extended short stay therapy and long term resident care at Brookside Healthcare and Rehabilitation Center



\$2 Million Rehabilitation Center Transformation

Brookside Healthcare and Rehabilitation Center, part of Nationwide Healthcare Services, completed a \$2 million transformation of their rehabilitation facilities to promote more rapid recovery for post-acute care needs. The renovation included adding cutting-edge technology designed to speed recovery of residents allowing them to practice walking and balance activities safely and independently.

63 Year Old Brain Tumor and Stroke Survivor

When Lan Banh came to Brookside Healthcare and Rehabilitation Center in August, she was demoralized and weak.

Surgery to remove a brain tumor and a subsequent stroke had left the 63 year old unable to move the right side of her body. She needed help from nurses to even stand up. All that changed when she began recovery at Brookside's new, \$2 million rehabilitation facility.

When she arrived at Brookside, she required maximum assist with staff for all transfers and mobility. Gradually her strength and endurance improved and she was able to propel her wheelchair and transfer with minimal assist.

ZeroG Gait and Balance System

Ms. Banh was aided in her recovery by an array of state-of-the-art equipment, including the ZeroG Gait and Balance System – the only one installed in a post-acute, skilled care facility in the state of Pennsylvania. ZeroG is a robotic body-weight support system which moves along a ceiling track monitoring the patient's movements. The system provides fall protection and dynamic body-weight support which offloads the patient's weight in a "zero-gravity" environment.

Gait Training with ZeroG

The therapists at Brookside used ZeroG to get Ms. Banh onto her feet to practice weight shifting in preparation for gait training. They initially started her at 28% body-weight support. As a result of her hard work and motivation, Ms. Banh was able to progress to gait training using ZeroG.

Because ZeroG compensates for weakness and poor coordination, patients are able to tolerate therapy that would have been impossible without the system. Without the fear of falling, they have the confidence to push their limits further to progress therapy faster.



Ms. Banh advanced to walking in ZeroG which allowed her to safely engage in physical therapy and relearn walking and other activities of daily living.

Staff Impact

The therapy team at Brookside has been using ZeroG extensively with their patients on a wide variety of activities. Not only is ZeroG used for ambulation overground, but on the treadmill, steps, recovery from the floor, and balance training using the interactive games within the software. Because ZeroG takes the strain off therapists, they can focus on treating the patient, not guarding against falls or holding them upright.

Brookside is one of only a handful of therapy centers in the country which has a treadmill integrated into the controls of ZeroG. This allows the staff to train patients on a treadmill with fall protection and dynamic body-weight support. If the patient were to fall while on the treadmill, ZeroG catches the fall and automatically stops the treadmill.



Treadmill Training with ZeroG and Dynamic Body-Weight Support

Progress

The therapists initially started Ms. Banh at 28% dynamic body-weight support. As she progressed and gained strength, they were able to decrease the amount of dynamic body-weight support provided to 10%. Ms. Banh is now able to ambulate 30 feet with minimal assist using a hemi cane. She continues to use ZeroG in order to improve her strength and coordination.



Ms. Banh's brother, Kiong Banh, visits his sister every day and has chronicled her transformation from a withdrawn and reluctant patient to someone who aggressively approaches her rehabilitation regimen with her eyes set on returning home and living independently. Assisted by a team of physical and occupational therapists, "her temperament changed back to normal," said her brother, Kiong. "She's so happy, so hopeful."

To learn more about Brookside Healthcare and Rehabilitation Center, visit:

www.brooksidehealthcare.com or call 215-884-6776

To learn more about the ZeroG Gait and Balance System, visit:

www.aretchllc.com or call 800-710-0370