



Felician Village

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NEWS RELEASE

To: Herald Times Reporter Date: April 2, 2010
From: Mark McLaughlin, Director of Marketing (684-7171 Ext 329)
Release: IMMEDIATELY (Prior to April 9 Health Fair if possible)
Headline: Helping Patients Get Back on Their Feet... Faster

“Challenging and effective”, that’s what patients are saying about their experience using the new balance testing and training program at *Next Step* at Felician Village. *Next Step* at Felician Village provides inpatient and outpatient physical, occupational and speech therapy services as well as nursing care for up to 20 inpatients.

The program, built around the innovative Biodex Balance System SD, can be used for fall screening in older adults, as well as testing and treatment of post-surgical and neurologically impaired patients. Post-surgical patients can objectively “track” progress and speed recovery time and the program can also act as an objective evaluation of patients after an injury.

This program can help determine who is at risk of falling by identifying “risk factors” in just a few minutes. If a patient is found to be at risk of falling, a series of suggested interventions can be offered. “Our new Biodex Balance System, which is the only one in Manitowoc County, is already having a positive effect on the progress of patients undergoing rehabilitation here at *Next Step*,” explains Kelly Ullmer, OTR, Therapy Manager.

Once a patient’s balance issues are identified, and the patient’s physician approves a recommended rehabilitation program, therapy can begin using the Balance System’s six programmable rehab modes.

Arguably the most important of the Balance System’s six modes are its weight-shifting and percentage of weight bearing protocols. Proper weight shifting and weight bearing are essential to reducing the risk of falls common when, because of pain, paralysis or habit, patients don’t distribute their weight evenly as they take steps

The overall goal is to return the patient to their highest possible level of performance. “When *Next Step* patients return home, we want them to be confident of their ability to walk, climb steps, and return to their daily activities,” Ullmer explains. “Our new Biodex Balance System is a major tool in giving them that confidence.”

The Biodex Balance System consists of a computerized platform and touch-screen control panel that measures a patient’s ability to maintain balance. Results are displayed on the large color screen for instant biofeedback as well as printed for “tracking” and insurance reimbursement. The system compares your results to stored normative data or to previous tests. The Biodex Balance System SD is safe, easy and fun to use. And because it’s fun, patients are motivated to do the work. The display screen is adjusted to eye level and the large print makes it easy for the older adult population to follow along. They see their performance as its occurring.

More information about the Biodex Balance System and other *Next Step* rehabilitation services will be available at the “Healthy Mind, Body & Living” educational program and health fair at The Gardens at Felician Village on Friday, April 9, from 2:00pm to 3:30pm. The speakers will be Dr. Carl DiRaimondo, Orthopedic Associates, and Dr. Cameron Goetz, Tamarack Behavioral Health. This program is free but pre-registration is required. Call Felician Village – 684-7171, ext 402.

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Caption for Photo: *Next Step* Therapy Manager, Kelly Ullmer, OTR, works with outpatient Ron Nussbaum on his balance using the new Biodex Balance System SD. *Next Step* is an inpatient/outpatient program located in the new Village Square at Felician Village.

