

# Helpful Resources

## Aegis Health Perspectives, Inc.

Building Trust in Spinal Cord Injury Home Care, Office Manager, Katherine Garriott

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Aegis Health Perspectives, Inc. is the premiere private duty provider of specialized in-home care for persons with spinal cord injuries and other neuromuscular disorders, serving southeast Michigan with its special brand of care since 1999. It continues to be at the leading edge of the trends and care methods that are still evolving in today's spinal cord injury and neuromuscular disorder field.

Aegis supports the individual while promoting the personal dignity of each client, and facilitates a long term trusting relationship between our employees and clients for life long care.

## Quality Home Medical Equipment

### Rehabilitation & Home Medical Equipment

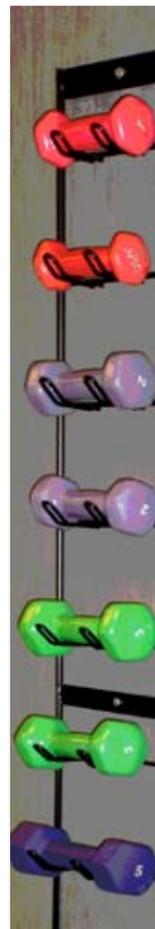
Rental, Sales, and Service

734-721-4821 Phone

[qhme@sbcglobal.net](mailto:qhme@sbcglobal.net)

Call Jeff Pankow, ATP, for all your assistive technology needs. With over 20 years in the business, he will recommend what's best for you, and provide world-class service. Jeff is a certified Assistive Technology Professional and will evaluate your current equipment and make necessary recommendations.

Hope Starts Here



# The Recovery Project News

Aggressive Therapy for Spinal Cord/Traumatic Brain Injuries  
and Other Neurological Disorders  
[www.therecoveryproject.net](http://www.therecoveryproject.net)

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## “A Good Day”



Anthony  
Gioannini, PT,  
Macomb Clinic

“Dear Polly and Charlie – Today is a good day and I have renewed hope!”

This January I started gait training with Anthony at the Macomb facility. I was pretty apprehensive when I began.

My body just didn't want to cooperate with what my brain was telling it. I had been experiencing many neurological symptoms for a year and a half. My doctor felt that I was able to learn to walk normally again. So, with no diagnosis, but with much determination, I began therapy.

(Please see: [ANTHONY](#) on page 3)

## Our Mission

*Along with the rest of the world, we hope for a cure for paralysis in our lifetime. Regardless of whether the cure comes in 5 or 50 years, we believe that individuals with spinal cord and other neurological injuries should pursue increased physical functionality and fitness.*

*Our mission is to improve the lives and functionality of individuals with these injuries by providing an environment in which to rehabilitate, recover and stay fit.*

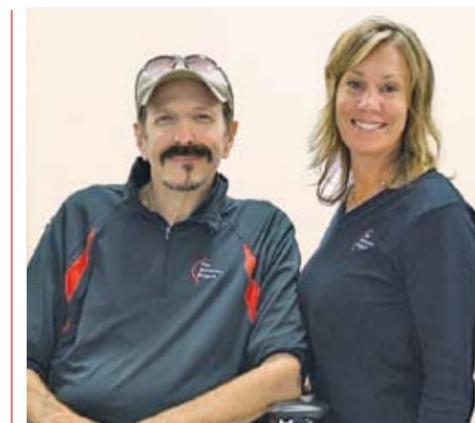
*We will devote our expertise, dedication and passion to assist our clients in the pursuit of their goals.*

## Major Upgrades To Our SCI/TBI Programs

Though we are celebrating our 10th anniversary, we're never standing still! Under the direction of co-founder and co-CEO Polly Swingle, we continue to evolve to ensure we are providing the best possible services to our clientele. It is Polly and Charlie's obligation to be certain that all of our programs consist of treatment that is supported by evidence-based research, then educating our staff on these new treatments and techniques, and updating equipment to meet those needs.

To that end, we began in 2012 re-evaluating each of our programs. Earlier this year we began such a re-evaluation of our spinal cord injury/traumatic brain injury (SCI/TBI) programs.

Over the last three to four months a team of physical therapists, occupational therapist, trainers, marketing and administrative staff was formed to begin the task. On the agenda for review was everything from revising protocols to equipment review to rewriting informational materials to state-of-the-art treatments. We reviewed all of our current procedures and evaluated options. We came up with refined more effective protocols, new supported fitness guidelines and the possibility of bringing intensive rehab into the home. We have identified new equipment to be purchased, and over the next few months will be adding several FES electrical stim units to our Livonia and Macomb clinics.



**We refined and classified our SCI/TBI rehabilitation into five phases:**

1. High Intensity Neurorecovery
2. High Intensity Fitness
3. Traditional Therapy
4. Supported Fitness
5. Independent Fitness

Within each phase, we identify goals and detailed protocols (including specified equipment usage) for ASIA levels A – D.

When we founded The Recovery Project in 2003, neurological rehabilitation (PT and OT) was our sole focus. At that time, we were one of the first practices in the country to offer a high intensity program for SCI. Ten years later we have expanded our practice to include programs such as:

- Geriatric fitness and wellness, including fall prevention

(Please see: [UPGRADES](#) on page 3)



20000 Victor Parkway, Suite 100  
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# TRP-Investing In the Latest Rehabilitation Technologies

At The Recovery Project, we are always excited to identify, evaluate and invest in new technology that supports our mission of providing the highest quality rehabilitation to our customers. This year we are proud to highlight several devices that have made a large contribution to the progress seen by many rehab participants. We also have some new items to look for by the end of 2014.

The LiteGait® unweighting system and treadmill have been a wonderful addition to the clinic. This equipment uses a harness to support balance and provide trunk control. It reduces pressure on the joints so that weakened muscles can move the limbs more freely. Exercise and walking that are too challenging are now successful with the use of the LiteGait. Using an unweighting system, such as the LiteGait in the correct treatment protocol has been shown repeatedly in research to promote improved walking in people with damaged neurological systems by activating specialized reflexes in the spinal cord that are designed to trigger the walking muscles in the legs. This system will also replace the unweighting system at the Macomb clinic.

RedCord® is another system with a focus on unweighting. By suspending part of the entire body, exercises become more effective. Not only does it unweight limbs that feel heavy and difficult to move, but it also requires the entire body to be activated. Several clinicians are trained in using the RedCord® as a way to suspend an individual to challenge trunk control, hip muscles and arm muscles. There

are unlimited exercises for the entire body. Look for the RedCord® system to be added in Macomb by the end of the year!

Keep an eye out this year for several upgrades in our neuromuscular electrical stimulation (NMES) options. First, will be the addition of Hasomed Rehaslim multichannel NMES units at both Livonia and Macomb. These units will allow for numerous options for exercise of weakened limbs. Another exciting addition will be a RT300 NMES cycle in Livonia. It will provide cycling options for the entire body: arms and legs. Lastly, occupational therapy has a new, upgraded Bioness NESS H200 unit for arm and hand retraining available at both clinics. The most up-to-date technology utilizes neuromuscular electrical stimulation to find new connections from the brain to the muscles of the arm and hand. **For more info call: 734-953-1745.**



# Yoga Proves Most Beneficial

Adaptive Yoga helps to integrate the mental and physical bodies and offers balance and alignment. TRP has bridged traditional yoga and advanced therapy techniques. With the use of the RedCord® system and props, our therapist can develop specific programs for the aging adult and physically challenged.

Yoga can be beneficial for individuals who are physically challenged or those with chronic health conditions through both the physical postures and breathwork. Each pose can be modified or adapted to meet the needs of the client. Postures can be performed while

seated in a chair or wheelchair.

Clients will receive one-on-one sessions with a Registered Yoga Therapist.

#### **BENEFITS INCLUDE:**

- Increased muscle tone with weight bearing postures
- Decreased spasticity with relaxing postures
- Relaxed body and mind, reduced stress and anxiety
- Recovery from fatigue and weakness
- Decreased stress
- Boosted metabolism, lymphatic circulation



- Increased flexibility
- Improved concentration, focus and attention
- Enhanced balance, posture, coordination and agility

**For more info call: 734-953-1745.**

# New Developments In Functional Electrical Stimulation

Functional electrical stimulation (FES), also called neuromuscular electrical stimulation (NMES), is used in rehabilitation to exercise muscles when the connection from the spinal cord to the muscle has been broken. Like a damaged electrical cord, a damaged nerve is unable to send an electrical signal to the muscle. Functional electrical stimulation is designed to mimic the signal from the nerve and cause the muscle to contract. We are able to take advantage of this in rehabilitation to assist individuals with paralysis to move their limbs as they were once able to do.

The therapists and staff have been using this technology for leg cycling, opening and closing the hand, and raising toes with walking. FES has a number of benefits for people who have some movement below the level of injury and those who don't. For individuals who have a complete injury, it is an excellent way to prevent muscle loss and to maintain muscle tone. The muscle contractions from the FES help to prevent local bone loss and increase circulation. Each of these benefits prevents pressure sores. When combined with intense activities (such as leg cycling), the heart

and lungs are exercised as well. This type of cardiovascular training can be difficult with leg paralysis which can lead to heart disease and other secondary problems. Frequently, we work with people to manage spasticity and reduce or prevent stiffness from developing in the limbs. Electrical stimulation is an excellent way to manage both of these problems.

When someone has movement below the level of injury, there are additional benefits to the use of FES. Their therapy regimen may focus even more on coordination and control of limb movements that can be impaired due to paralysis and spasticity. We can utilize FES during walking activities, including retraining the muscles that lift the toes during a step.

Recently, FES has made it into research and practice in a variety of areas beyond those listed above. Diaphragm pacing has changed the lives of people who are unable to breathe on their own. There are stimulators that recover control of bladder function. The future holds many exciting possibilities for individuals living with paralysis.

**For more info call: 734-953-1745.**



## TRANSPORTATION?

*Fare to Freedom* is a unique non-emergency medical transportation company that understands the importance of providing respectful service to our clients.

Transportation is an integral part of rehab therapy – and our passengers can rest assured they will receive the special consideration they are entitled to. **TRP**

**CALL FARE TO FREEDOM:  
855-826-3273**

### *ANTHONY* from page 1

My experience with Anthony was always a positive one. He was very encouraging without cutting me too much slack. Becky was also instrumental in my therapy as she would go out of her way to fill in when Anthony wasn't available. Dave always made sure those heat packs were ready as Anthony would be finishing up with the previous patient. He as well as Anthony always walked me to my car with my safety always being a priority. I am happy to report that I am taking walks and doing a lot of practicing of what I learned in therapy. Some days are better than others, but I know what to do when I get stuck.

Thank you for The Recovery Project and the high standard it upholds. It has given me the confidence that I needed to fight through this!

Sincerely, Yvette Alverson  
Client **TRP**

### *UPGRADES* from page 1

- Therapies for individuals with Parkinson's disease
- Therapies for individuals with neuromuscular disease and dystrophies.
- Rehabilitation for amputees
- Orthopedic rehabilitation

Nevertheless, our passion and dedication to SCI/TBI rehabilitation remain at our core.

Regardless of how long you have been injured or whether you are looking for a tune-up or the most rigorous hi-intensity rehab available, we have

re-tooled to serve our current and future SCI/TBI clients. **Come check us out.** Our goal is to continue to be the best freestanding neurological physical therapy practice in Michigan.

**For more info call: 734-953-1745.**

Stop by either Livonia or Macomb Clinic for a Free Wheelchair Backpack, and Talk to a Therapist About Your Rehab Needs!

