

Freedom Through Functionality Program Decreases Pain, Increases Function



AS RESEARCH CONSISTENTLY indicates, participating in regular exercise and physical activity has a tremendous impact on improving one's overall health. Even for an individual with a complex medical condition, such as acute or chronic pain, participating in regular exercise can provide several health benefits and help restore strength, stamina and physical ability.

Strength-building is important to health, especially as people age, since loss of muscle mass, functional decline and risk of falling are often associated with the aging process. Incorporating strength-building as part of physical activity has been shown to delay the onset of these conditions and improve overall health, so much so that physicians often encourage patients to incorporate strength-building into their prescribed exercise regimens.

Strength-building for health and independence

As a leading provider of rehabilitative therapy programs, Aegis Therapies dedicates itself to establishing therapy and wellness programs that help patients receive optimal benefits both before and after prescribed therapy.

Given that many patients treated by Aegis Therapies are older adults who may not be as active as they once were, Aegis therapists

and clinicians found it important to develop a program that helps counter the effects of inactivity on muscle mass and strength.

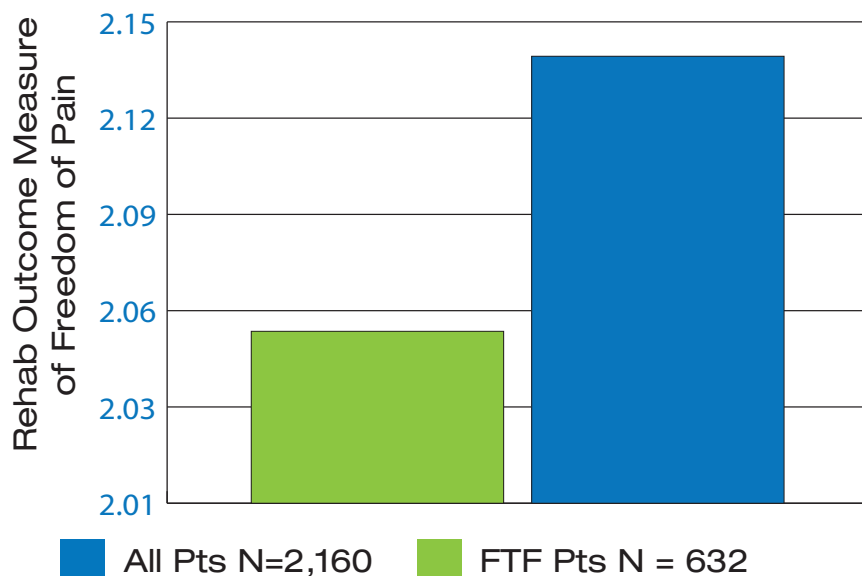
Utilizing specially designed Nautilus® equipment, Aegis Therapies developed Freedom Through Functionality (FTF), a unique machine-based strength-building program. Modeled on clinical evidence, years of research, and vast experience in senior-based rehabilitation, this program has been found to be highly effective in helping patients regain strength and mobility while also improving balance, all of which is essential to maintaining an independent lifestyle. In addition to this, Freedom Through Functionality has also proven to be an effective program in helping patients manage complex medical conditions such as acute and chronic pain.

Benefits of Freedom of Functionality:

- Improves quality of life
- Increases muscle strength
- Improves body composition
- Improves mobility
- Enhances functional capacity
- Reduces number of falls
- Enhances joint flexibility
- Alleviates joint pain and discomfort
- Prevents osteoporosis

“Aegis Therapies dedicates itself to establishing therapy and wellness programs that help patients receive optimal benefits both before and after prescribed therapy.”

Ability to Function Without Pain



Same age, same level of acuity, FTF patients more disabled to begin with, yet much better gains in same LOS. FTF patients much more likely to be discharged directly back to their community after therapy.

Managing Pain

Pain can attack virtually every vulnerable area of the body, including muscles, bones and joints. It can range from mild and occasional to severe and constant, can be acute or chronic in nature, and can affect the physical, emotional and mental health of the individual experiencing it.

Acute pain typically lasts six months or less, depending on its severity and how effectively the underlying cause of the pain is treated. Chronic pain, on the other hand, remains in the system even after its causes has been dealt with. Chronic pain can last for weeks, months, even years. Some of the most common chronic pain conditions include back pain, arthritis, neck pain, knee pain, fibromyalgia and pain following surgical procedures.

Strength-building is beneficial to managing both acute and chronic pain because it builds core strength (trunk and pelvis) and muscle mass, which ensure stability of the body whenever one reaches, stretches or bends. Building core strength also improves posture and can protect one from lower back pain. Effective strength-building exercises

include leg lifts, sit-ups and back extensions. Often, to allow for continuing strengthening, the patient will have more resistance added to his or her exercises as he or she progresses through a core exercise regimen.

Decreasing Pain and Increasing Freedom Through Functionality

The Nautilus machines used specifically in Freedom Through Functionality provide a safe, ideal biomechanical environment for older patients who have been prescribed strength-building therapy. Through its tested and proven protocols, and use of adaptive Nautilus equipment, Freedom Through Functionality has been successful in helping patients manage and decrease pain.

Aegis Rehab Outcomes show that Medicare patients treated in facilities with the Freedom Through Functionality program during 2008 experienced much greater relief from pain and increase in function after participating than those that did not. Patients treated for pain using this program were more able to function and sleep without disruption, and they only needed to

“The Nautilus machines used specifically in *Freedom Through Functionality* provide a safe, ideal biomechanical environment for older patients who have been prescribed strength-building therapy.”

take medication on an “as needed” basis. Patients who were treated for pain using more traditional methods experienced difficulty in their ability to function, disruptions in their sleep and needed to take medication on a regular basis in order to manage pain.

In addition to simple gains in strength, other secondary benefits of participation in Freedom Through Functionality include:

- Up to 30% reduction in risk for falls
- Reduced burden of care for patients living in a skilled care setting
- Increased independence and increased efficiency with activities of daily living (ADLs)
- Increased participation in other activities for patients living in independent or assisted living settings
- Increased overall well-being
- Improved self-esteem and self-image
- Increased socialization through increased participation

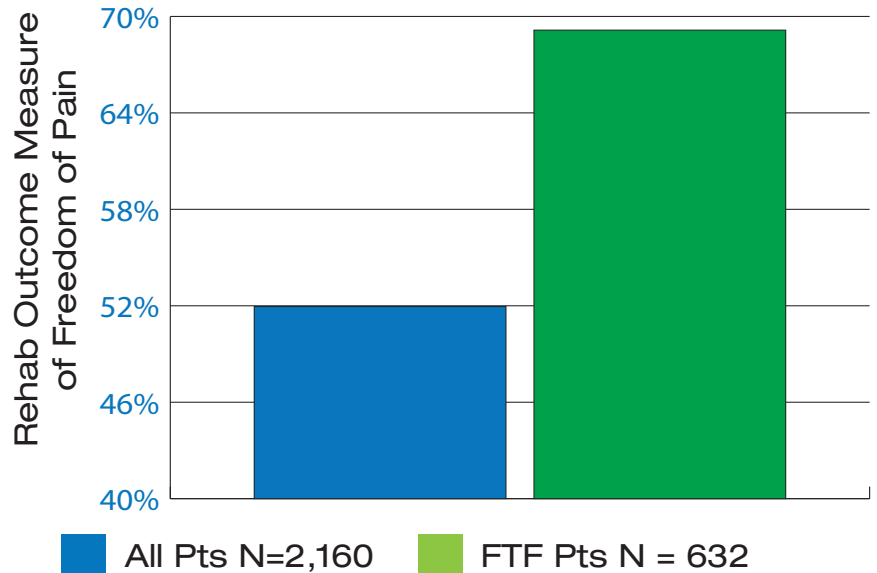
Forward thinking through therapy

With our decades of experience, Aegis Therapies continues to raise the bar in rehabilitative therapy. We collaborate with customers, patients and fellow therapists to ensure that we achieve the best possible results for those who depend on us.

Our Freedom Through Functionality program is one of the many programs Aegis Therapies has designed to target specific healthcare conditions so patients can better manage their health and experience a higher quality of life.

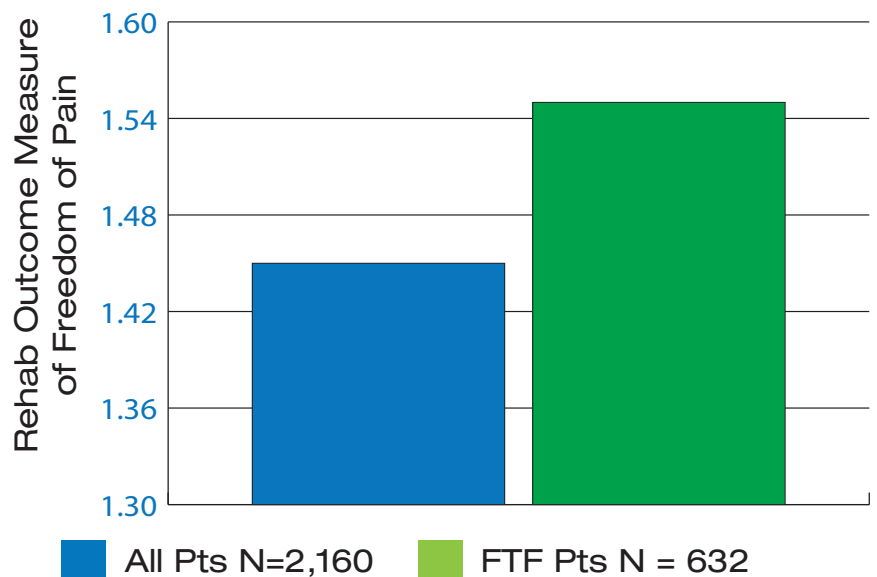


Rate of D/C Back to Community after Treatment



Same age, same level of acuity, FTF patients more disabled to begin with, yet much better gains in same LOS. FTF patients much more likely to be discharged directly back to their community after therapy.

Reduction in Pain as a Result of Treatment



Same age, same level of acuity, FTF patients more disabled to begin with, yet much better gains in same LOS. FTF patients much more likely to be discharged directly back to their community after therapy.