

Therapy Using FTF Results in Better Recovery for Stroke Victims



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STRENGTH BUILDING IS important to health, especially as we age, since loss of muscle mass, functional decline and risk of falling are often associated with the aging process.

Aegis Therapies utilizes a specially designed proprietary strength-building program, called Freedom Through Functionality (FTF) which has been shown to improve recovery in stroke survivors. FTF, which is only available through Aegis Therapies, incorporates Nautilus® machines along with proprietary protocols, training, implementation and marketing support. There is much research evidence to support that the most effective approach to building strength is to use exercise equipment and high resistance protocols.

Millions of Stroke Survivors

According to the American Heart Association (AHA), 700,000 people in the United States suffer a stroke every year. Improved short-term survival after a stroke has resulted in a population of an estimated 4.7 million stroke survivors in the United States, with the following recovery tendencies:

- 10% of stroke survivors recover almost completely
- 25% recover with minor impairments
- 40% experience moderate to severe impairments requiring special care
- 10% require care in a nursing home or other long-term care facility

Summary of Exercise Programming Recommendations for Stroke Survivors*

Mode of Exercise	Major Goals	Intensity/ Frequency/ Duration
Aerobic		
• Large-muscle activities (e.g., walking, treadmill, stationary cycle, combined arm-leg ergometry, arm ergometry, seated stepper)	• Increase independence in ADLs	• 40%–70% peak oxygen uptake; 40%–70% heart rate reserve; 50%–80% maximal heart rate; RPE 11–14 (6–20 scale)
	• Increase walking speed/efficiency	
	• Improve tolerance for prolonged physical activity	• 3–7 d/wk
	• Reduce risk of cardiovascular disease	• 20–60 min/session (or multiple 10-min sessions)
Strength		
• Circuit training	• Circuit training • Increase independence in ADLs	• 1–3 sets of 10–15 repetitions of 8–10 exercises involving the major muscle groups
• Weight machines		
• Free weights		• 2–3 d/wk
• Isometric exercise		
• Flexibility		
• Stretching	• Increase ROM of involved extremities	• 2–3 d/wk (before or after aerobic or strength training)
	• Prevent contractures	
		• Hold each stretch for 10–30 seconds
Neuromuscular		
• Coordination and balance activities	• Improve level of safety during ADLs	• 2–3 d/wk (consider performing on same day as strength activities)
ADLs indicate activities of daily living; RPE, rating of perceived exertion; and ROM, range of motion.		
*From references 67, 71, 73, 75, 94, 95, and 96 of American Heart Association Scientific Statement entitled, “Physical Activity and Exercise Recommendations for Stroke Survivors.”		
Recommended intensity, frequency and duration of exercise depend on each individual patient’s level of fitness. Intermittent training sessions may be indicated during the initial weeks of rehabilitation.		



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The AHA affirms that, “several important factors underscore the potential value of exercise training and physical activity in stroke survivors. Previous studies have demonstrated the trainability of stroke survivors and documented beneficial physiological, psychological, sensorimotor, strength, endurance and functional effects of various types of exercise.

Data from studies involving stroke and able-bodied subjects have documented the beneficial impact of regular physical activity on multiple cardiovascular disease risk factors and provided evidence that such benefits are likely to translate into a reduced risk for mortality from stroke and cardiac events.”

Independence Through Strength Building After Stroke

Lean muscle mass naturally decreases with age, but weight training can help reverse the trend. As muscle mass increases, stroke survivors may be able to maintain joint flexibility, increase bone density and better manage their weight.

The National Stroke Association declares that the goal in rehabilitation is to improve function so that the stroke survivor can become as independent as possible. This must be accomplished in a way that preserves dignity and motivates the survivor to relearn basic skills that the stroke may have taken away

- skills like eating, dressing and walking.

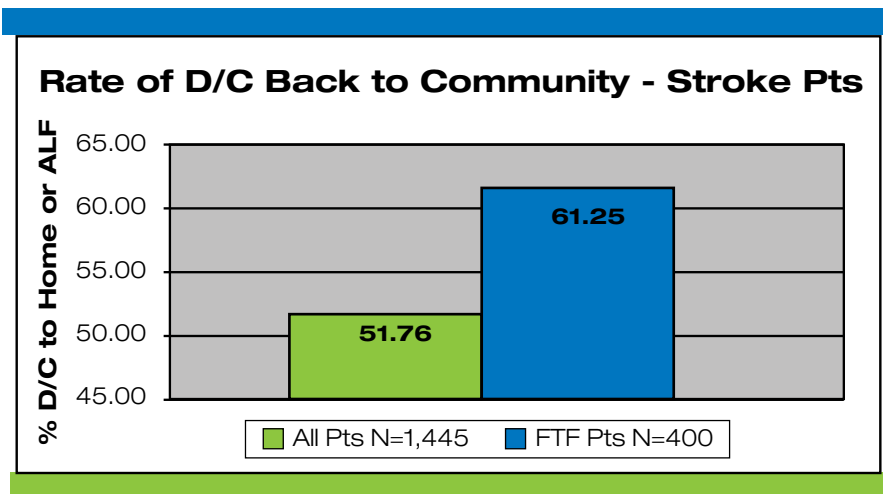
Through rehab, patients:

- Relearn basic skills such as talking, eating, dressing and walking
- Increase strength, flexibility and endurance
- Regain as much independence as possible

According to the AHA, an investigation evaluated the effects of a 12-week, twice-per-week, progressive resistance-training program on muscle strength, gait and balance in stroke subjects. Lower-limb strength increased 68% on the affected side and less so on the intact side. Transfer time, motor performance, and static and dynamic balance also showed improvements.

Another study, which builds on the Brain Power Study published in the January 2010 issue of *Archives of Internal Medicine*, demonstrated that 12 months of once-weekly or twice-weekly progressive strength training improved executive cognitive function in women aged 65- to 75- years-old. Executive cognitive functions are cognitive abilities necessary for independent living.

Seniors in nearly every living setting can benefit from a well-designed, strength-building program. In addition to simple gains in strength, other secondary benefits include:



“Aegis Rehab Outcomes show that Medicare patients treated in facilities with the FTF program during 2008 experienced much greater recovery of their ability to transfer, balance, walk and climb stairs following a stroke.

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

facilities with the Freedom Through Functionality (FTF) experienced much improvement in their ability to transfer, balance, walk and climb stairs following a stroke. As a result, they were also much more likely to be discharged back home after treatment.

With our decades of experience, Aegis Therapies continues to raise the bar in rehabilitative therapy for stroke survivors. We collaborate with customers, patients and fellow therapists to ensure that we are achieving 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 are better able to manage their health and experience a better quality of life.

Summary

Aegis Rehab Outcomes show that Medicare patients treated in



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