

Therapy Using FTF Results in Better Recovery of Swallowing Ability



I T TAKES ABOUT 50 PAIRS of muscles and nerves to accomplish the simple act of swallowing. However for many seniors, the process can be difficult and studies suggest that chronic swallowing disorders are common in seniors.

Aegis Therapies utilizes a specially designed proprietary strength-building program, called Freedom Through Functionality (FTF), which utilizes specially designed Nautilus equipment. Aegis Rehab Outcomes show that patients treated for swallowing problems in facilities with the FTF program during 2009 experienced much greater recovery of their ability to swallow.

Prevalence of Swallowing Disorders

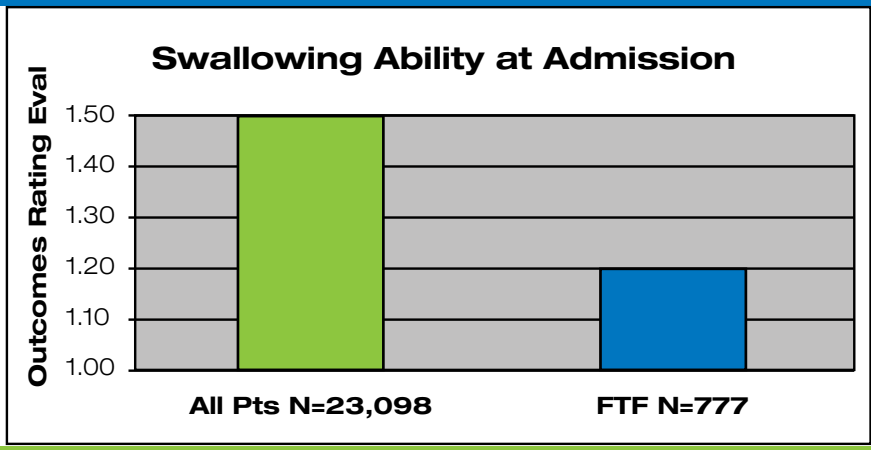
A number of conditions can interfere with swallowing but they generally fall into two categories: esophageal dysphagia and oropharyngeal dysphagia.

A study published in the Annals of Otology, Rhinology & Laryngology, November 2007 analyzed the prevalence, risks and socioemotional effects of swallowing disorders.

The lifetime prevalence of a swallowing disorder was 38%, and 33% of the participants reported a current problem. Swallowing disorders were associated with significant and multiple adverse effects on quality of life. Three primary symptoms uniquely associated with a history of swallowing disorders were: taking a longer time to eat; coughing, throat clearing, or choking before, during, or after eating; and a sensation of food stuck in the throat.

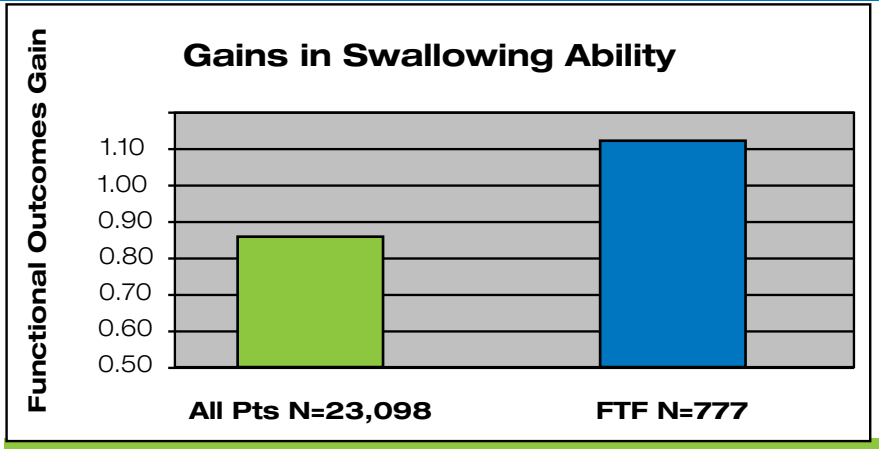
Other symptoms include “gurgly” or wet voice; inability to control food, liquid or saliva in mouth; sneezing during or after meal; pain or pressure in throat or chest during swallowing; wheezing after eating; food coming out of nose during eating; needing to chew excessively in order to swallow safely and dry mouth.

“Aegis Therapies utilizes a specially designed proprietary strength-building program, called Freedom Through Functionality (FTF), which utilizes specially designed Nautilus equipment.”



As evidenced in the graphs, patients who used FTF during treatment began with lesser swallowing abilities than most patients. Yet, once the patient

used the specialized equipment, the strength gains clearly lead to functional gains that help the patient to be safer and less dependent on staff.



The Road to Independence

Seniors in nearly every living setting can benefit from a well-designed, strength-building program for a wide variety of functional problems.

Aegis Rehab Outcomes show that swallowing patients treated in facilities with the FTF program during 2009 experienced much greater recovery of their ability to swallow. When the patient uses the specialized equipment, the gains in strength clearly lead to functional gains that make the patient safer and less dependent on caregivers.

The most common FTF approach for swallowing involves targeting the strap muscles in the neck that assist with safe swallowing. Prior to instituting such a program, Aegis therapists assess the patient’s ability to understand the exercise process to ensure safety.

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.



“Seniors in nearly every living setting can benefit from a well-designed, strength-building program for a wide variety of functional problems.”