

## Therapy that uses Geriatric Enhanced Modalities results in better feeding abilities



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**A**EGIS THERAPIES UTILIZES A specially designed proprietary treatment program called Geriatric Enhanced Modalities (GEM) to treat reduced range of motion at specific joints, pain, edema, wounds, muscular weakness and incontinence. GEM features electrical stimulation, ultrasound and short-wave diathermy utilizing detailed protocols designed specifically for the geriatric population.

### More about GEM

Geriatric Enhanced Modalities are innovative therapy tools and programs that enhance the quality of life for seniors. Our modality protocols are consistent with standards established by national therapy organizations (APTA and AOTA) and are in accordance with the guidelines of the Centers for Medicare and Medicaid Services (CMS).

In sports medicine settings, clinicians frequently use specialized

equipment to treat problems like pain and swelling in younger adults. But Aegis Therapies has found that seniors also can benefit from this type of treatment.

Under our Geriatric Enhanced Modalities (GEM) program, we offer therapy protocols designed specifically for the health conditions common to seniors. Our clinicians are specially trained to integrate the modalities of shortwave diathermy, e-stim, and ultrasound with traditional therapy approaches to maximize patient outcomes.

These patients enjoy better mobility, less pain, greater joint flexibility, faster recovery, earlier discharge from therapy and an enhanced quality of life.

GEM uses ultrasound, diathermy and electrical stimulation for a variety of treatments including:

- Stroke recovery
- Continence management
- Joint replacement therapy
- Wound care
- Osteoarthritis

As evidenced in the graph, patients who used GEM 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. Based on a program that includes 15 years of experience in hundreds of facilities, GEM is used to enhance quality of care in skilled nursing facilities. We work closely with the patient's physician to maximize patient outcomes, thereby minimizing dependency and cost of care.

In addition to the inability to feed oneself, GEM is designed to address several other important issues such as falls, pressure ulcers, incontinence, contractures, pain, residual problems following stroke, weakness and swelling.

## Technology for better outcomes

Electrical stimulation increases circulation, improves contractures and re-educates muscles while stimulating release of the body's natural pain-relieving biochemicals. It incorporates the use of comfortable electrical waveforms to treat a wide range of patient indications.

Ultrasound uses sound waves

to produce deep heating of muscles and tendons to increase tissue extensibility. It also reduces pain, increases blood flow and decreases edema. Fewer symptoms mean greater participation in therapy and better overall patient satisfaction.

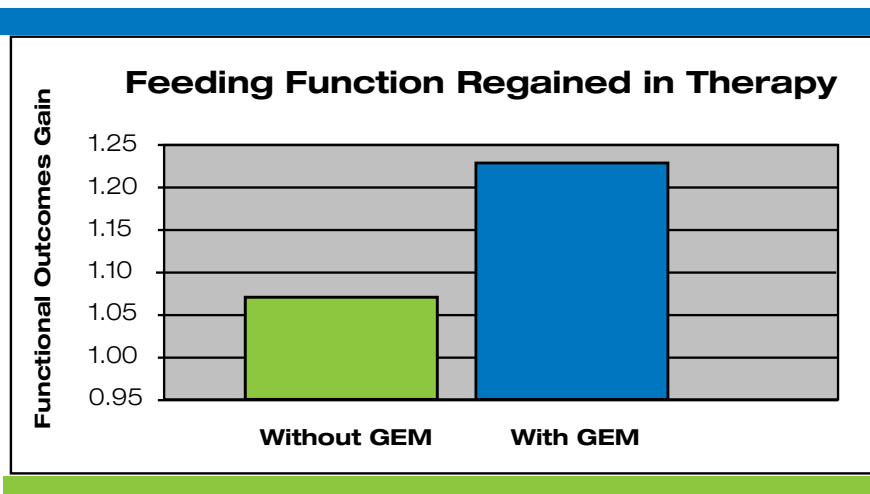
Short-wave diathermy provides deep tissue heating using electromagnetism. It works very well on large joints and other areas affected by spasms, contractures, stiffness and pain. Other benefits are wound healing, decreased pain and reduced swelling. Patients find these treatments soothing and effective. In addition, GEM machines and protocols are based on research evidence published in peer-review rehabilitation and therapy journals.

The use of the modalities is in accordance with the guidelines of the Centers for Medicare and Medicaid Services (CMS).

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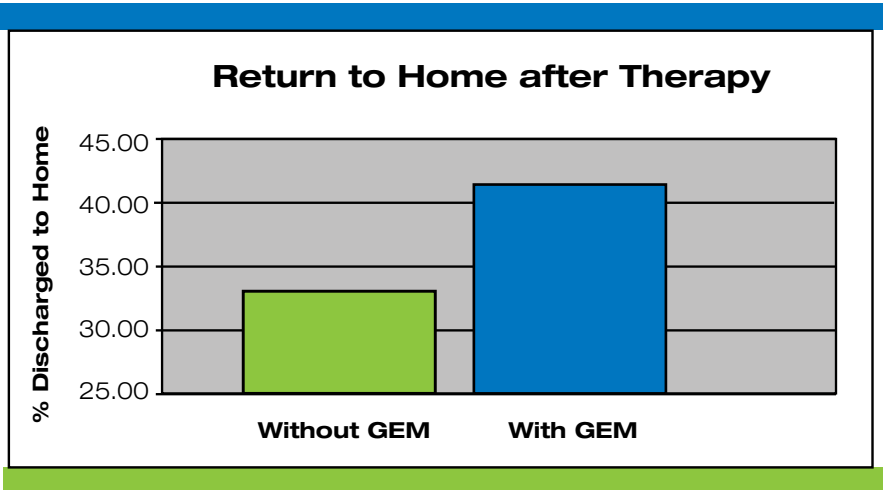
## Outcomes

Aegis Rehab Outcomes show that patients treated in facilities with the GEM program experienced over 11% greater recovery of self-feeding ability as compared to patients who were treated without the benefit of the GEM program.



As a result of these gains, those patients were also more than 21% more likely to be discharged back home after treatment.

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### Summary

The improved ability to feed one’s self independently impacts dignity and overall quality of life. Aegis Rehab Outcomes show that patients treated in facilities with the GEM program experienced much greater recovery of self-feeding ability and were much more likely to be discharged home after treatment.



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