

Advances in [rehab]

New Treatment Technologies Help Patients Rediscover Independence



New to the market, the Myomo™ e100 is a robot initiated by the patient's brain to control movement of their affected arm using their own brainwaves. Braintree Rehabilitation Hospital is the first facility in the country to offer customizable treatment programs using the Myomo™ e100. This lightweight, portable robotic device is worn on the arm, and a sensor that sits on the skin's surface is used to detect a person's muscle signal as he or she attempts movement. When muscles fire, the signal is processed to the robot to assist the person in moving the affected arm.

Braintree and New England Rehabilitation Hospitals are leading the way in helping patients affected by Stroke, Brain Injury, Spinal Cord Injury, and Multiple Sclerosis begin to regain function and return to their daily lives.

Imagine not being able to fold laundry, prepare a meal, or walk without a limp. It's returning to these routine daily activities that truly means the most to patients who are benefiting from the use of the latest in rehabilitation technology offered at Braintree and New England Rehabilitation Hospitals.

The Bioness® H200™ and Bioness® L300™ are designed for patients who have lost partial or total use of their hand or foot. Each uses electrical stimulation to activate new nerve pathways that can help improve function. The H200™ can help restore the ability to pinch, grasp, write, eat, and groom with the hand, while the L300™ can help reduce foot drop and improve the ability to walk. The unique design of the devices allows for consistent, reliable placement, and the therapist is able to control the intensity of the stimulation to maximize comfort and effectiveness.

Published research has shown that individuals who have had neurological injuries up to 20 years ago may benefit from treatment with the Bioness® H200™, L300™, and Myomo™ e100 available at Braintree and New England Rehabilitation Hospitals.

The availability of these advanced technologies is a key difference between acute inpatient rehabilitation and a skilled nursing setting, and it's just one of the reasons acute inpatient rehabilitation can make such a significant difference in a patient's quality of life. While early results at Braintree and New England Rehabilitation Hospitals hold great promise for our patients, not every patient may be appropriate for these treatments. Our team of therapists is specially trained in patient assessment, and we invite interested patients to schedule a consultation.

For more information on the Bioness® H200™ and Bioness® L300™, visit www.braintreerehabhospital.com/About-Braintree-Rehab-Technologies.asp or www.newenglandrehab.com/About-New-England-Rehab-Technologies.asp

For more information on The Myomo™ e100 NeuroRobotic System, visit www.braintreerehabhospital.com/About-Braintree-Rehab-Technologies.asp

[rehab]
Wrap-up

Your [rehab]

at
Braintree Rehabilitation

PARKINSON'S DISEASE WELLNESS PROGRAM

Braintree Rehabilitation Hospital is partnering with the Center for Neurorehabilitation at Boston University to offer a Wellness Program for people with Parkinson's Disease.

This 7-week program meets twice a week, for 1.5 hours and will involve group discussion and group exercises to improve mobility and communication, as well as the practice of functional activities such as walking, rising from a chair, and handwriting.

Program Schedule

March 25-May 8
(Tuesdays & Thursdays,
1:00-2:30pm)

September 15-October 30
(Tuesdays & Thursdays,
1:00-2:30pm)

YOGA FOR WELLNESS

Yoga for Wellness is designed for people with Multiple Sclerosis, Parkinson's Disease, Osteoarthritis, Rheumatoid Arthritis, or any other health-compromising condition. The group is led by a licensed physical therapist who is also a certified yoga instructor. Learn a variety of yoga poses, specifically sequenced to provide alternative strengthening and stretching components combined with coordinated breathing and relaxation techniques.

Program Schedule

The class is held each Monday evening, 5:30-6:30pm, for 10 weeks. Space is limited to 10 participants.

March 10-May 19, 2008
(no class April 14th)

To register for one of these programs, or for more information, call 781-348-2107.

[rehab]

Check-up

Outpatient Therapy: Choosing the Provider that's Right for You



Past experience with a therapy provider is usually a good predictor of the quality of service you can expect to receive as an outpatient. Braintree and New England Rehabilitation Hospitals consistently receive high marks for patient service, with over 98% of our patients rating their care as good to excellent in 2007. 100% of patients surveyed rate their outpatient experience as good to excellent for staff professionalism, timeliness of appointments, the skill of their therapist and effective treatment planning, and admissions and registration efficiency. (Results represent the comments of over 2,000 patients surveyed in 2007).

For patients over the age of 65, another key factor to consider is whether the physical therapy provider is hospital-based. Congress has established a \$1,780 annual cap on outpatient physical therapy provided at clinics that are not hospital-based. A clinic is hospital-based if it is part of a hospital's network of clinics, like Braintree and New England Rehabilitation Hospitals' clinics, and meets selected criteria established by Medicare. At hospital based outpatient clinics, Medicare patients can receive physical therapy for as long as they show improvements in their function, without being subject to the therapy cap.

As a patient, you have the right to choose where you go for outpatient therapy, and there are many important factors to consider when selecting a provider.

- Is the location convenient?
- Do the hours of operation fit my schedule?
- Is there ample free parking?
- Do they accept my insurance?
- What types of specialized training have the therapists received?
- What kind of rehabilitation technology and facilities are available?



For more information about our outpatient therapy services and clinic locations, please visit our websites or email rehabwrapup@5sqc.com.

Braintree
Rehabilitation Hospital
250 Pond Street • Braintree
781-348-2500

**BRAINTREE &
NEW ENGLAND**
REHABILITATION HOSPITALS
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New England
Rehabilitation Hospital
2 Rehabilitation Way • Woburn
781-935-5050

My [rehab]

How Rehabilitation is Helping One Great-Grandmother Walk Again



Dorothy Joan Auger, a 66 year-old great-grandmother, is making incredible strides after a series of devastating illnesses that began four years ago. According to a story published in the *Lowell Sun*, it all started in February of 2004, when Dorothy began to lose her sense of taste, and food made her ill. After eating only a half a sandwich a day, losing 30 pounds, and months of tests, she learned she had ovarian cancer. Not only that, but the devastating news caused her to have a heart attack, leading doctors to insert two stents into her arteries. The article also recalled how Dorothy had a hysterectomy to remove the cancer, only to find that the cancer was actually stage 4 inoperable breast cancer.

To learn more about the programs at New England Rehabilitation Hospital, visit www.newenglandrehab.com or call 781-935-5050.

Story comprised of facts originally published in the Lowell Sun article "On the Road to Recovery After Health Setbacks," Hiroko Sato, 1/2/08. Used with permission.

Knowing that she wanted to enjoy many more years with her husband Don, their three children, 10 grandchildren, and three great-grandchildren, Dorothy kept her spirits up and continued to live her life, despite the fact that blood clots had caused her legs to swell to three times their normal size. She had stents put in her legs to reduce the swelling, and all the while, she maintained a positive attitude.

As if Dorothy hadn't faced enough, in December of 2006, her doctor discovered a bleeding ulcer that required a blood transfusion. In 2007, her cholesterol medication began causing weakness in her legs, to the point where she could not lift them or even get up from a chair. That's when everything changed for Dorothy, as she discovered rehabilitation at New England Rehabilitation Hospital at Lowell. She was determined, trying to move her legs in bed, and taking every opportunity to participate in rehabilitation, even scheduling extra sessions that opened up when other patients couldn't attend. Her therapists always encouraged her, telling Dorothy she would walk again, and she began to believe it herself.

The article went on to note that after only five weeks of rehabilitation, Dorothy was able to walk into her home with the help of a walker. And now, she is able to walk up the stairs, without her husband or a nurse standing behind her. She credits her amazing progress to physical therapist Elin Zgonis, and the entire New England Rehabilitation team, as well as the support of her family. Although she recently learned that her cancer has spread to her colon, both cancers are under control, and Dorothy remains strong. While some believe she might never walk as well as she used to, Dorothy won't hear of it. "I plan on proving them wrong. It's all about willpower and prayer, and I just want to live."

Your
[rehab]
at
New England Rehabilitation

GUILLAIN-BARRÉ SUPPORT GROUP

Led by a physical therapist, this support group is a resource for Guillain-Barré patients, their families, and friends. You'll find assistance and advice for managing the physical, social, and financial challenges associated with Guillain-Barré.

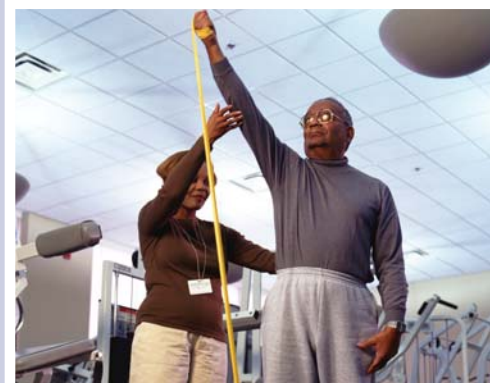
This group meets one Saturday each quarter at New England Rehabilitation Hospital, Woburn campus, from 10:00am-12:00pm.

For more information, please contact Catherine Fabbri, PT, Clinic Manager, at 781-935-5050, extension 1601.

INDEPENDENT EXERCISE AT OUR OUTPATIENT CLINICS

New England Rehabilitation Hospital's Outpatient Clinics offer former patients the opportunity to continue exercising at the centers following discharge. This great feature allows participants to continue using the equipment they're familiar with, knowing our therapy staff is always available to answer questions, or to review and adjust exercise programs. A nominal co-payment per session is required.

For more information, please contact the clinics directly:
Woburn 781-939-1900
Billerica 978-663-9044
Framingham 508-879-2555
Melrose 781-662-4290



Supporting [rehab]

As part of our commitment to the total wellness of our patients, we offer a variety of support groups. We welcome you to share your experiences and learn helpful techniques for living well.

For more information about any of our support groups, call the hospitals directly or email rehabwrapup@5sqc.com.

Braintree Rehabilitation Hospital

Amputee Support Group:* First Saturday of every month, 10:30am-12:00pm. For details, call Pat Kenney at 781-545-0416.

Aphasia Community Group:* Second Wednesday of even months – 5:30-7:30pm. For details, call Alex Burnham at 781-348-2252 or Maureen DeRoma at 781-348-2282.

Brain Injury Support Group:* Third Monday of the month, 6:30-8:00pm at Braintree Rehabilitation Hospital Outpatient Clinic at Plymouth. For details, call 508-747-4720.

Young Stroke & Brain Injury Support Group:* Last Thursday of each month from 6:00-7:30 pm. For details, call Lisa Harriman at 781-348-2500, ext. 2371.

New England Rehabilitation Hospital

Amputee Support Group:* First Sunday of most months, 2:00-3:00pm. Contact Mary Beth Trapeni at marybtrapeni@yahoo.com.

Brain Injury Support Group:* Meets Quarterly on Saturdays, 10:00am-12:00pm. Contact Mary Fiorentino at 781-935-5050, ext. 1458.

Cardiac Education Series: Monday through Friday, 2:00-3:00pm. For details, call 781-935-5050.

Cardio - Pulmonary Relaxation / Stress Management Group: Thursdays, 1:00-2:00pm. For details, call 781-935-5050.

Family Education and Support Discussion: Mondays (RSVP by 2:00pm) 6:00-7:00pm.

Greater Boston Chapter, National Spinal Cord Injury Association Group:* First Wednesday of every month, 6:00-8:00pm. For details, call 781-933-8666.

Guillain-Barré Support Group:* Meets Quarterly, on Saturdays 10:00am-12:00pm. For details, call Catherine Fabbri at 781-939-1900.

Pulmonary Education Series: Monday through Friday, 1:00-2:00pm. For details, call 781-935-5050.

Spinal Cord Injury Education Series: 8 classes on a rotating basis, Thursdays (As Needed) 3:00-4:00pm. For details, call 781-935-5050.

Stroke Education Group: Monday through Friday, 11:00am-12:00pm. For details, call 781-935-5050.

Stroke Peer Support Group:* First Tuesday of every month, 6:30-8:00pm. For details, call 781-935-5050.

Vascular Education Group (Inpatient): Monday through Friday, 10:00-11:00am. For details, call 781-935-5050.

Young Stroke Speech Education Group: Mondays and Tuesdays, 3:00-4:00pm. For details, call 781-935-5050.

Young Stroke Stress Management Group: Every other Thursday, 10:00-11:00am. For details, call Ray Driscoll at 781-935-5050.

Please call in advance to make sure your group is meeting at its scheduled time.

**Indicates an Outpatient Group*

We want to hear from you! Let us know how you're doing, ask questions, and learn more about the programs that might be able to help you, a friend, or family member live well. Email rehabwrapup@5sqc.com.

With inpatient and outpatient centers located throughout eastern Massachusetts, you can receive the care you need close to home, close to work, and close to your family. Visit our websites for a complete listing of our programs, services, and locations.

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| ABINGTON | MELROSE |
| BILLERICA | MILFORD |
| BRAINTREE | NATICK |
| BROCKTON | NORTH DARTMOUTH |
| DANVERS | PLYMOUTH |
| FRAMINGHAM | QUINCY |
| HANOVER | SHARON |
| HYANNIS | TAUNTON |
| LYNNFIELD | WOBURN |
| LOWELL | |

