

What's New in Rehab?

JUNE / JULY 2005

SAEBOFLEX

The Center for Medical Rehabilitation is pleased to announce a new Outpatient Occupational Therapy program for patients recovering from a neurological injury such as a stroke. SaeboFlex™ is a custom exercise orthotic designed to help neurologically impaired patients recover use of their upper extremity. Following an evaluation by one of our specially trained Occupational Therapists, patients meeting clinical criteria will utilize SaeboFlex during therapy sessions and in a home exercise program.



About SaeboFlex

This custom fitted dynamic resting hand orthosis features a spring-loaded finger extension system. SaeboFlex allows the patient to perform functional grasp and release activities and exercises by positioning the wrist and fingers into extension. The patient is able to grasp an object by voluntarily flexing his or her fingers. The extension spring system assists in re-opening the hand to release the object.

Appropriate Patients

SaeboFlex is most appropriate for patients who have some shoulder and elbow movement but are not able to open their hand due to weakness and/or spasticity. The orthosis will allow patients to immediately begin using their hand to perform functional exercises. SaeboFlex also benefits patients by reducing spasticity and improving range of motion, strength and control. Individuals up to 20 years post neurological injury can show improvement in proximal strength gains as well as hand function. In addition, the ability to use the hand in therapy or at home has been reported as extremely motivating during the recovery process.

This exercise orthotic is contraindicated for patients with arthritis, swan neck, Boutonniere, joint nodules, wrist or finger contracture or significant tone.

Outpatient Therapy Program at the Center for Medical Rehabilitation

Patients will be evaluated and fitted for the SaeboFlex exercise orthotic by specially trained Occupational Therapists. He/she will then be seen an average of 12 times by the therapists; 3 visits per week for 4 weeks, and be given a home exercise program. Patient must be motivated and committed to at least one 45-minute guided exercise program per day to benefit from the device.

SaeboFlex is covered by Medicare. Medicaid coverage is pending.

The next issue of What's New In Rehab will focus on a patient who is currently being treated using the SaeboFlex orthotic.

How to Refer

If you would like to refer a patient to be evaluated for this device, your prescription should read "OT Evaluation for SaeboFlex orthosis". Please call 206-368-1769 if you would like more information about SaeboFlex or the Outpatient Occupational Therapy program.

In the Community

July 11-15: Therapeutic Recreation Week

August 20: SummerFest at Northwest Community Health Fair

For More Information

If you have any information that you would like posted in this bi-monthly flyer, or if you have any questions or comments, please contact:

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NORTHWEST HOSPITAL
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