

19 Years Ago



A **STROKE**.  
Paralyzed My Hand.

# Finally,

A Stroke Rehabilitation Program Developed

By People Who **Really** Understand.

John Farrell and Henry Hoffman have a lot in common. For starters, they're brothers. They also both happen to be licensed occupational therapists. The two created Saebo because they believed stroke survivors never reach a "plateau."

Collectively, they'd worked with hundreds of stroke survivors. Yet, every time they came across a patient who had been told they reached a plateau, they couldn't help but think that there was something more they could do. From that ongoing frustration, relentless questioning and undeniable passion, the Saebo Functional Dynamic orthoses and the Saebo Arm Training Program were born.

Perhaps you too can relate to the frustration, the questions and the will to overcome. If so, we invite you to learn more about this innovative program, because nothing makes John and Henry prouder than seeing a patient beat the odds.

That someone could be **you.**



TODAY,  
I'm getting a new grip on life.

### *The Hope and Help Many Stroke Survivors Seek.*

If you are reading this now, you are a strong-willed person who isn't ready to settle. Just as importantly, whether you or a family member has been paralyzed for less than a year or even decades, if you are a candidate for the Saebo Arm Training Program, there may be hope for further recovery.

Introducing the Saebo family of neurological rehabilitation products: The **SaeboReach™**, **SaeboFlex®**, **SaeboStretch®** and the **SaeboGlide®**. It's also important to reinforce that there is more to Saebo than revolutionary technology — only Saebo offers the comprehensive Saebo Arm Training Program.

Nothing else compares.

"The *SaeboFlex®* is just a huge, unbelievable blessing to me! Immediately, after 19 years post stroke, I could squeeze and release with my right hand! ... Because of the *SaeboFlex* I am now able to do things that I couldn't do before. I am able to put on deodorant, wash in the shower with both hands, hold a hymn book, pick up objects off the floor, eat a banana with my affected side, and open mail. I encourage any and every stroke survivor to take this training."

*Kim McKenzie - Michigan  
Stroke Survivor*



## What Makes The Saebo Arm Training Program

# So Unique and *Effective*?

The Saebo Arm Training Program is a specialized treatment approach designed to maximize your arm and hand function following a neurological injury such as a stroke. It's the only program available that allows the patients to incorporate their involved hand functionally for grasp and release, task-specific activities that are volitionally based. (You use the muscles in your hand to activate the orthosis.) It was created by licensed occupational therapists that have methodically worked to incorporate the latest neurological research into a practical evidence-based treatment program.

Its main purpose is to help you perform early initiation of functional grasp and release activities with your involved arm and hand. This is accomplished by using Saebo's Functional Dynamic orthoses. These revolutionary orthoses will allow you to immediately use your hand and arm in therapy and at home which would otherwise be impossible. The orthoses may stimulate new functional gains in your hand and throughout your entire arm.

## P r o g r a m O V E R V I E W

Essentially, the Saebo Arm Training Program involves two areas of focus:

- Task-specific activities while using Saebo's Functional Dynamic orthoses in therapy and at home
- Soft tissue management using the **SaeboStretch**

In the case of soft tissue management, we're referring to the muscles, tendons and ligaments in your hand. When the hand is allowed to remain in the closed position, most people experience a permanent shortening of this tissue. If not addressed, your recovery will be limited. The comprehensive Saebo program incorporates all critical areas of upper extremity recovery.

"My name is Price Grunthalt. I am a Golden Retriever, and for the last 16 months I have been quite content with my life. Then a month ago, you and Saebo appeared. ... You see, for many years my dad, Paul, has been a dog groomer. That's meant regular haircuts and bathing. ... Then later my dad had something called a stroke. To me it meant no more baths, nail cutting, brushing my teeth and, praise the Lord, no grooming. Free at last. ... Then came Saebo. All of a sudden, I find myself back in the grooming tub. Yes, dad's bad hand was working again ..."



Paul adds, "Mr. Hoffman, I hope you get the idea that, with the exception of Price, my wife and I are happy with our decision to use the Saebo orthosis. So please accept our thanks for inventing it. Job well done!"

Paul Grunthalt - Longmeadow, MA  
Stroke Survivor



## Am I a *candidate* for the Saebo Arm Training Program?

If you have suffered a neurological injury that has left you with limited movement in your arm and hand, then Saebo may be right for you. In fact, this program may offer results even if you have been discharged from therapy because you have reached a plateau or do not have the movement required to qualify for a Constraint-Induced Therapy Program.

The time since your injury is not a factor. Patients have shown functional improvement as far out as 20 years after their injury.

You should be aware that the Saebo Arm Training Program might not be right for everyone. It is designed for individuals who have some shoulder and elbow movement but minimal to no hand function. It is important to mention that you do not need to be able to open your fingers to use the orthoses.

Of course, the road to recovery is hard work and never guaranteed. But, as a survivor, you know that even the smallest gains can make a big difference in your quality of life.

## Make the Right **Call.**

If you feel you may be a candidate for the Saebo Arm Training Program, you will need to go to a Saebo-trained clinician to be evaluated.

To learn more or find the nearest clinician, visit our website at [www.saebo.com](http://www.saebo.com) or call 1.888.284.5433 and a Saebo representative will be happy to help you find a trained clinician near you.

"I wanted to let you know how excited I am with the results of my SaeboFlex unit. I received it early last week. In less than a week I was able to extend all my fingers on my left hand to near straight. I am a very motivated person and was getting very depressed about not being able to use my left hand for 11 months after my stroke last August. ... Finally I am seeing amazing results in just a week from your system. I am seeing some shoulder movement at the same time. ... I am retired and before my stroke my wife and I traveled the country in our motor home. We now think that we can resume our travels in the near future."

*Brian Moore - Pueblo West, CO  
Stroke Survivor*





# SaeboReach™ & SaeboFlex®

The **SaeboReach** is a dynamic, custom fabricated elbow, wrist, hand, finger orthosis (EWHFO). The **SaeboReach** consists of a combination of the **SaeboFlex** and a custom fabricated above-elbow component. The orthosis features an elbow extension system. The elbow extension system provides resistance to the muscles that are used to bend the arm and assist in straightening the elbow during functional reaching. The **SaeboReach** was designed specifically for individuals that have limited arm and hand function.

Benefits include:

- Custom fabricated at Saebo and adjusted on-site by a Saebo Trained clinician for comfort and maximum effectiveness
- Supports the weakened elbow, wrist, hand and fingers
- Positions the wrist and fingers into a functional position
- Consists of multiple graded springs to accommodate varying degrees of tone in the hand
- Elbow extension system includes graded tension cords to accommodate varying degrees of tone in the elbow
- Allows patients to incorporate their hand immediately for grasp and release activities which would otherwise be impossible
- Appropriate for patients with severe tone in the elbow and hand



The SaeboReach

The **SaeboFlex** is a dynamic, custom fabricated wrist, hand, finger orthosis (WHFO). The **SaeboFlex** features a spring-loaded finger extension system. These springs provide resistance to the muscles that are used to grasp and assist in opening the hand and fingers for releasing.

Benefits include:

- Custom fabricated at Saebo and adjusted on-site by a Saebo Trained clinician for comfort and maximum effectiveness
- Supports the wrist, hand and fingers in a functional position
- Consists of multiple graded springs to accommodate varying degrees of tone in the hand
- Allows patients to incorporate their hand immediately for grasp and release activities which would otherwise be impossible
- Appropriate for patients with severe tone in the hand



The SaeboFlex



Patient using The SaeboFlex

"I had two strokes in June, 2004. After the second, I couldn't walk, I couldn't talk, and the arm on the right side of my body was bent in half and tighter than a drum. I spent days at the hospital and then went to a rehab center. I had three weeks in rehab before I could go home. Then the 'real part' came, as I was now an outpatient. ... Soon my OT was about to be cut. So we went to Connecticut to volunteer as a Saebo candidate, and my life changed for the better. It started off slowly and I made great strides... I swim now, and workout. SaeboFlex gives you a chance to get the arm where it belongs, and to start doing things again."

Anne Hanson - Massachusetts Stroke Survivor

# SaeboStretch® & SaeboGlide®

This progressive splint was specifically designed for neurological patients to prevent or decrease joint damage while maintaining or improving range of motion in the fingers/hand.

Benefits include:

- Patented stretch technology with three different resistive hand pieces that can be interchanged to allow the fingers to move through flexion and gradually return to an extended position
- Non-slip strapping system helps to prevent the fingers from pulling out of the splint
- Cut-outs are strategically located to ensure the straps have intimate contact with the fingers/hand
- Patented scientifically engineered covering is designed to allow moisture to wick away from the skin
- Stabilizing wings add increased control of the forearm
- Malleable wrist and thumb section allows for customized adjustments



The SaeboStretch

The **SaeboGlide** is more than a product. It's a program. The device itself is the only product that will challenge you at all stages of recovery. The **SaeboGlide** program includes suggested stretches, bilateral arm exercises and gliding exercises.

Benefits include:

- Uses a unique gliding sleeve to help exercise the arm in all planes of movement
- Can be used in lying, sitting, or standing position
- Exercise log allows individuals to set goals and track progress
- Easy-to-read instruction manual that includes a carefully designed exercise program with 50 corresponding pictures

**SaeboGlide Plus:** This device was specifically designed for individuals who are unable to close their hand or exhibit poor hand strength. The Plus version comes with a hand strapping system that helps secure your hand to the **SaeboGlide**.



The SaeboGlide

"My son Thomas suffered a stroke in January 2004 — he was only 7½ years old. While surfing the net one day, I stumbled across Saebo. I was very cautious but interested in Saebo's claims. We had tried everything for Thomas — muscle stimulation, deep muscle stimulation, OT, PT and Speech Therapy.



We decided to travel from our home in Ontario, Canada to Buffalo to try the device. Thomas was amazed. He put the **SaeboFlex** on and, for the first time since his stroke he was able to pick up balls and release them. The expression on his face said it all. Thomas' improvements have been HUGE! He is now able to do so many things, including swinging a bat with both hands. I do not know where we would be without this orthosis and the support of the Saebo gang."

*Joanne Dempster - Stayner,  
Ontario, Canada  
(Mother of Stroke Survivor)*

With **Saebo**  
There's No Plateau In Sight.®



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