

The following letter is an example of a letter of justification for the LiteGait in a nursing facility. Certain parts of the letter were changed by Mobility Research staff to better emphasize the benefits of the LiteGait to patients and staff. If you have any other questions about what the LiteGait can do for your facility and clientele, please contact us at 1 800 332 **WALK** (9255).

EXAMPLE OF LITEGAIT JUSTIFICATION LETTER

Adding the LiteGait to the rehabilitation department will produce many benefits including the following:

Marketing Tool to Community The ability to market the use of this piece of equipment for use in the treatment of sub acute and long-term care patients with severely compromised balance and/or mobility as well as with patients who must maintain limited weight bearing on the lower extremities.

Efficiency Of Therapy A positive effect on staff efficiency and departmental cost per minute (therapy unit of charge) as using this equipment treatment procedures can be safely performed by one staff member, where without the LiteGait two to three staff members may be needed to safely provide similar treatment. The assistance of these additional staff members is not billable time and increases costs on many patients.

Capturing Revenue with Existing Patients. Increased revenue from rehabilitation services provided to our long-term care residents (or any fee for service patients) as therapists can work on gait quality, balance, posture, and coordination in a manner not currently available to them. This will allow justification of skilled, medically necessary therapy intervention.

Additional Therapies Increased length of stay for sub acute patients with severe deficits as functional movements can be facilitated with patients supported in good posture providing justification for ongoing skilled intervention

Safety Improved patient safety as the patient is totally supported. The risk of a fall or having to be lowered to the floor is completely eliminated.

Improved staff safety The therapists often have to do heavy lifting with severely involved patients. The LiteGait has the ability to lift patients from a seated position to a standing position with the touch of a button, alleviating any maximal assistance needed from the therapist. The LiteGait provides the therapist with an extra set of hands during therapy sessions, lessening the need for other personal to give balance to the patient. When simultaneously attempting to facilitate normal movements, the therapist is sometimes forced into awkward positions with a risk for injury. When a patient is supported by the LiteGait, the need for lifting is eliminated and safety is significantly improved.

Improved patient performance as:

- I. The fear of falling is eliminated and the patient becomes more confident. Performance is subsequently enhanced which has a positive effect on outcome.
- II. Self-Esteem is enhanced as opportunities can be provided to the patient to succeed at small tasks. The improved self-esteem also has a positive effect on performance and subsequent outcome.
- III. The therapist's hands are freed to facilitate normal movement rather than having to provide support

Treatment Options The treadmill can be used independently or in addition to the LiteGait. The treadmill provides a timing stimulus that allows patients to understand the rhythmicity of walking. It would be very difficult to duplicate this over ground with patients who lack posture or balance. The treadmill will also allow therapists to stay in a stationary position and properly facilitate movements to the patient. Using the LiteGait with low functioning patients will allow for greater quantity of therapy to be provided in a shorter amount of time with fewer personnel. The treadmill will also provide the ability to challenge a higher functioning patient who has reached a plateau in therapy. In this instance the LiteGait can be used as a safety mechanism so as not to allow the patient to completely fall if they lose balance. The incorporation of the LiteGait into our clinic will make other treatment strategies available and results in a wider variety of comprehensive rehabilitation services.

Occupational and Speech Therapy Uses Although this piece of equipment appears to be something that would be utilized by only Physical Therapy, its uses and benefits extend into Occupational Therapy and Speech-Language Pathology treatment sessions as well. The LiteGait can be used to place a patient into correct sitting or standing posture. Treatment can then occur while the patient is held in this posture, which will improve patient performance of functional tasks during Occupational Therapy or Speech-Language Pathology treatment sessions. The LiteGait will benefit both sub acute patients and long term care residents.

Educational Inservice Performed By Mobility Research The rehabilitation staff has had the opportunity to preview the LiteGait. During the preview a patient treatment session was performed on a patient. These cases are examples of what is possible when the LiteGait is used.

Patient 1 The first patient had been on therapy for some time. He required maximal assistance for all mobility, demonstrated poor balance in sitting and standing, poor posture in sitting and standing and was completely non-ambulatory. It appeared that a plateau was being reached in therapy. During a treatment session with the LiteGait the patient was lifted from a seated position to a standing position using the lifting mechanism. The patient was then supported into a correct posture with the LiteGait then was positioned over the treadmill. With the treadmill set on a very low speed, stepping was facilitated. Speed was then gradually increased. This patient “walked” for the first time in a long time!! The patient was treated only once with the LiteGait. The next day when the patient was brought for therapy, he seemed to be a new man. He was dressed in street clothes rather than a patient gown. He was alert and smiling rather than appearing withdrawn and depressed. His active participation in therapy increased. Three days later he ambulated 20 feet with a walker and the assistance of one person. Continued therapy can now be justified with the patient and the outcome is already much better than what it appeared it would be just a few days ago.

Patient 2 (Example of A Common Patient Used) The second patient was an ambulatory CVA patient with one sided differences. He ambulated with a walker (heavily leaning on the walker) and required assistance when walking short distances due to poor balance and posture. Therapy sessions performed with this patient required 2 of our therapists to monitor his safety. This patient was able to ambulate only 30 feet before requiring rest due to lack of cardiovascular endurance. The patient was put in the LiteGait and support was adjusted to put the patient in a correct upright position. The patient was put on to the treadmill at a speed that reached 0.9 mph, and patient’s movements were cued by our therapists. The patient walked for 5 minutes accumulating almost 500 feet of walking without noting any sign of fatigue (Heart rate of blood pressure were monitored throughout). We were able to accomplish in one session an amount of therapy that might not have been possible in 1 month.

Incorporating the LiteGait into the therapy regimen of this facility will allow us to become more task specific, goal oriented and functional in our therapy services than ever before. If the use of the LiteGait can assist to generate results even half this impressive it is definitely a worthwhile expense.