

# RESTORE-Skills



## Essential Rehab Solutions: Building Activity Tolerance & Decreasing Pain with RESTORE's Platform

A 69-year-old female was admitted to the facility for peripheral vascular disease, CHF, COPD, and arthritis. She demonstrated an **inability to walk due to pain** in her BLEs and knees, with limited activity tolerance. Before admission, the patient could do all of her self-care independently and was ambulatory, without an assistive device, for 100+ ft.

### INTEGRATING ADVANCED SOLUTIONS

Initially, the patient was limited in her standing and activity tolerance, secondary to pain in her BLEs, with a maximum duration of 2-3 minutes. The physical and occupational therapy team introduced her to RESTORE as an alternative method for skill-building opportunities. Music within the RESTORE platform played a big role in motivating the patient to engage during therapy.

### RESULTS

Once introduced to RESTORE, she demonstrated increased participation in functional tasks and I/ADLs. While playing, she was motivated to stand for 9-10 minutes. The patient's involvement in therapeutic exercise and activities **progressed to 15 minutes** with resistance and minimal rest breaks. The fun and interactivity of the games resulted in her increased engagement with staff and the community at large.

### CONCLUSION

The patient successfully met her long-term goal of improving activity tolerance and decreasing pain for I/ADLs. She went from ambulating 50 ft. to 104 ft. by discharge and **improved her 5x Sit To Stand score from 21.1 seconds to 16.47 seconds**. Before discharging from therapy, the resident stated, "I am very proud of myself because I can see progress. I especially enjoy the results graphs that allow me to see with my own eyes that I am getting stronger every time."

TRADITIONAL  
THERAPY



RESTORE  
SKILLS

