

RESTORE-Skills



Monarch Healthcare Management: Building Activity Tolerance with RESTORE's Platform

A resident was admitted to the skilled nursing facility with multiple gunshot wounds causing fractures, injuries, wounds, and near paralysis. Due to his injuries he wore a thoracic-lumbar-sacral orthosis (TLSO) and was non-weight bearing to his left arm and left leg. The resident also experienced post-traumatic stress disorder (PTSD) as the injuries left him medically fragile.

INTEGRATING ADVANCED SOLUTIONS

Initially the resident was self-limiting in his standing and activity tolerance with a maximum duration of 3-5 minutes. The physical and occupational therapy team members introduced him to RESTORE as an alternative method for skill-building opportunities.

RESULTS

Once introduced to RESTORE, he demonstrated increased participation in functional tasks and was motivated to initiate standing for 7-8 minutes. The resident's engagement increased and participation in therapeutic exercise and activities progressed to 20 minutes of strenuous activity with resistance and minimal rest breaks when utilizing RESTORE with his therapy team members. He has returned to baseline for ambulation without the need of an assistive device, his left shoulder range of motion improved to 100% of prior level of function and his overall confidence returned. During sessions with RESTORE, the resident demonstrated increased engagement with staff and the environment around him.

CONCLUSION

The resident successfully progressed through his plan of care and met the long term goals required to discharged safely and independently to the community. Before discharging from therapy, the resident stated, "those games have challenged me in ways I didn't think I needed."

**TRADITIONAL
THERAPY**



**RESTORE
SKILLS**

