

Geriatric Enhanced Modalities

Enhancing Quality of Life

Geriatric Enhanced Modalities (GEM) are innovative therapy tools and programs to enhance quality of life for seniors. Benefits include:

- Reduced pain
- Decreased edema
- Improved contractures
- Enhanced muscle re-education
- Increased circulation
- Stronger muscles
- Improved bladder control
- Greater joint flexibility
- Faster recovery
- Improved wound healing

We are proud to offer this exceptional program, and we invite you to contact us for more information.

The GEM Philosophy

Clinicians in hospitals, outpatient clinics and sports medicine facilities frequently use therapy machines to treat problems like pain and swelling. Why? Because they work.

Traditionally, these tools have not been available in skilled nursing facilities. However, research shows that seniors can benefit as much as, if not more than, people of a younger age. If this approach is good enough for athletes, it's certainly good enough for seniors who often have more serious health care issues!

Rehabilitation focus

Based on a program that includes 15 years of experience in hundreds of facilities, GEM is used to enhance quality of care in skilled nursing facilities. We work closely with the patient's physician to maximize patient outcomes, thereby minimizing dependency and cost of care.

GEM is designed to address several quality indicators and other important issues—falls, pressure ulcers, incontinence, contractures, pain, residual problems following stroke, weakness and swelling.

In addition,

- GEM machines and protocols are based on research evidence published in peer-review rehabilitation and therapy journals.
- The use of the modalities is in accordance with the guidelines of the Centers for Medicare and Medicaid Services (CMS).
- The modality protocols are consistent with standards established by national therapy organizations (APTA and AOTA).

Technology for better outcomes

Electrical Stimulation increases circulation, improves contractures and re-educates muscles while stimulating release of the body's natural pain-relieving biochemicals. It incorporates the use of comfortable electrical waveforms to treat a wide range of patient indications.

Ultrasound uses sound waves to produce deep heating of muscles and tendons to increase tissue extensibility. It also reduces pain, increases blood flow and decreases edema. Fewer symptoms mean greater participation in therapy and better overall patient satisfaction.

Short-Wave Diathermy provides deep tissue heating using electromagnetism. It works very well on large joints and other areas affected by spasms, contractures, stiffness and pain. Other benefits are wound healing, decreased pain and reduced swelling. Patients find these treatments soothing and effective.

For more information, please visit
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