

CASESTUDY

## Clearwater's Regency Oaks uses Biodex Balance & Mobility Programs to enhance the quality of life of SNF and ILF residents

### Regency Oaks



**BIODEX**  
Biodex Medical Systems, Inc.

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The graphics display on the Biodex Balance System helps the therapist encourage a patient to normalize weight-bearing.

### Regency Oaks

Continuing care retirement communities are acknowledged as the ideal long-term locale for many seniors, allowing a continuum of care from full independence to advanced skilled care, as needed.

Taking a “balanced” approach to reducing fall risk over that continuum, Regency Oaks in Clearwater, Florida is providing state-of-the-art balance exercise and rehab to all its residents, with two Biodex Balance Systems – one in its Sylvan Health Center SNF, and one in its Independent Living Wellness Center.

“Regency Oaks has 388 independent living care units,” explains Chelby Clarke, Director of Rehabilitation Services, “and a 60-bed skilled nursing facility in our Sylvan Health Center. We also have a 25-room assisted living facility, Sylvan Terrace, attached to our SNF.” According to Clark, the great majority of the acute patients at the Sylvan Center SNF are referred for rehabilitation following orthopedic procedures – mostly hip and knee replacement.

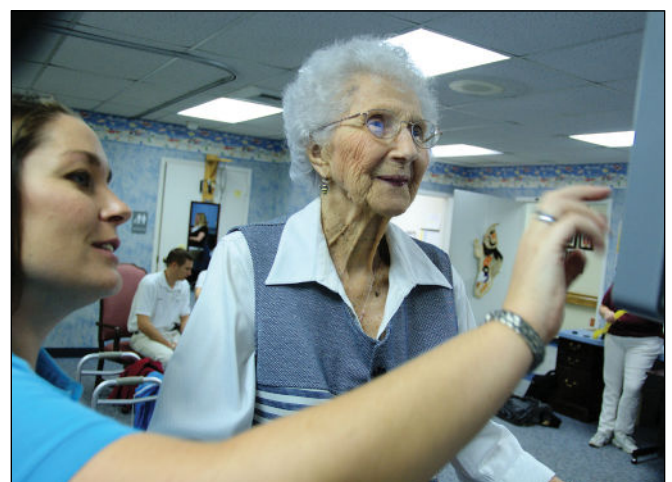
“We also get referrals of patients following abdominal surgery, and generalized weakness. Most of our nonresident acute patient referrals come from physician referrals, followed by word of mouth,” she says. Clark explains that much of that rehab centers around helping patients to normalize their weight bearing on the affected limb. Most, she believes, have developed altered weight bearing in response to their arthritic pain prior to surgery, and postoperative discomfort after surgery. That places them at increased risk of a fall.

“The Biodex Balance System shows them when they’re not applying full weight bearing to their leg, and – when they are, without pain – it gives them the confidence to walk without fear of pain.”

“Many surgeons have a specific protocol – how long to apply only 25% weight bearing, then 50% weight bearing, and finally full weight bearing. Even after they are capable of full weight bearing, many are still – consciously or

*“We also get referrals of patients following abdominal surgery, and generalized weakness. Most of our nonresident acute patient referrals come from physician referrals, followed by word of mouth.”*

unconsciously – avoiding full weight bearing on the affected leg. The graphic display on the Biodex Balance System helps to persuade them it won’t be painful to apply full weight bearing when they’re not on the Balance System.” Typically, patients with hip or knee implants spend between four and six weeks at Sylvan Center, the exact period depending in part on their ambulatory and cognitive status was prior to the surgery. “If they come in capable of



Regency Oaks provides state-of-the-art balance exercise and rehab to all its residents.



Therapist discusses the Balance System's printed report with patient.

significant weight bearing and otherwise normal health, it could be as little as four weeks. And if there are significant other health issues, it could be as long as 8 to 10 weeks."

Clark says that the daily Medicare rate averages \$400-450 a day. "That's a blanket reimbursement. If they have IVs, their reimbursement will be a bit higher. That includes all their charges – room, board, therapy, nursing, medication. However, if they need to see their orthopedist or neurologist during their stay, their transportation and medical service fees also must be paid out of their \$400-450 per diem." In addition to the second Biodex Balance System, the Regency Oaks Wellness Center, directed by therapist Zelko Ratkovic, also has a Biodex BioStep Semi-Recumbent Elliptical Trainer.

*"The Biodex Balance System shows them when they're not applying full weight bearing to their leg, and – when they are, without pain – it gives them the confidence to walk without fear of pain."*

"Our residents love the BioStep," Ratkovic says. "Many of our ILF residents have little or no history of exercise. They are easily intimidated by most exercise equipment, but not by the BioStep. Those new to exercise typically come in about three days a week. They don't have to work hard, as they would with a leg press. Between 7-10 people a day use BioStep." Ratkovic believes the graduated protocols and display are important to resident acceptance. "The BioStep offers five levels of exercise. The display is very encouraging. After a few weeks, at one level, they want to move to higher levels, maybe exercise longer. They meet other exercising residents, and they begin motivating each other. "They love the BioStep – it gets them into the exercise habit."



The graduated protocols and display on the Biodex BioStep Semi-Recumbent Elliptical are very important to resident acceptance.

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