



GERIATRIC ENHANCED MODALITIES (GEM)

THE GEM PHILOSOPHY

Our clinicians use specialty therapy machines to treat problems like pain and swelling. These machines have traditionally been used to treat patients in hospitals, outpatient clinics and sports medicine facilities, but research shows that older patients can benefit at least as much, if not more than, people at a younger age.

REHABILITATION FOCUS

Based on a program that includes over 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 outcomes, which helps patients get better, faster, stronger.

- GEM addresses issues such as falls, pressure ulcers, incontinence, contractures, pain, residual problems following stroke, weakness and swelling.
- GEM machines and protocols are based on research evidence published in peer-reviewed rehabilitation and therapy journals.
- The use of these 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.

Call for an appointment: 507-665-3375