

HealthSouth Lakeshore SaeboFlex® Therapy



Stroke recovery studies and findings

In a study with more than 850 stroke survivors, it was reported that 61% had poor home exercise programs or none at all.

The latest research driving constraint-induced therapy shows that the majority of stroke survivors end up not using their involved arm. This will undoubtedly lead to soft tissue shortening, pain, swelling, frustration, and in some cases, depression.

To further document stroke recovery stats, it has been noted that many stroke survivors are discharged from therapy with some shoulder and elbow movement, but no hand function. They are told they have reached a plateau, or the gains are not significant enough to justify continued therapy. Sometimes the stroke survivor has not plateaued, but the current stroke treatment has become ineffective.

At HealthSouth Lakeshore, our team is making strides in reversing these statistics through the positive use of SaeboFlex® therapy.

What is SaeboFlex® Therapy?

SaeboFlex is a customized orthotics device that assists neurologically impaired individuals in opening their hand for grasp and release activities that would otherwise be impossible. The SaeboFlex is a dynamic splint that features

a spring-loaded system. It is non-electrically based and is purely mechanical.

Who can use SaeboFlex®?

The SaeboFlex is most appropriate for patients who have some shoulder and elbow movement but no hand function (i.e. lack of active finger extension). The splint will allow patients to immediately begin using their hand to perform functional exercises. Therefore, unilateral training may occur.

Individuals up to 20 years post-neurological injury can show improvement in proximal strength gains, as well as in hand function. In addition, the ability to use the hand in therapy or at home has been reported as extremely motivating during the recovery process.

To use SaeboFlex®, patients must be able to:

- Stand for five minutes
- Understand and follow directions
- Communicate and provide feedback
- Exhibit some active movement in the shoulder and elbow
- Actively squeeze someone's hand with fingers

How does SaeboFlex® work?

Custom fitted to the patient's affected arm and hand by a specially-trained occupational or physical therapist, SaeboFlex positions the wrist and fingers into extension

in preparation for functional activities. Then, when the patient grasps an object by voluntarily flexing his or her fingers, the device's spring-loaded system assists the patient in reopening the hand to release the object.

The SaeboFlex orthosis is specialized patented technology. Occupational and physical therapists attend specific education classes offered by Saebo, Inc. to become trained in SaeboFlex.

Contraindications

To benefit from the use of SaeboFlex, patients must not have chronic pain in the impaired upper extremity and must be medically stable.

Get more information

For more information or to make a referral, please call 205 868-2098.

A Higher Level of Care

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