Scientific/Clinical Workshop

Workshop Title

Opportunities to Rise Above: Innovative, Transdisciplinary Implementation of Body Weight Support in Inpatient Rehabilitation

Workshop Responsible

Jessi Vaught (Sheltering Arms Institute)

Speakers

Jessi Vaught, Logan Shuping, Caitlin Wright, Jessi Lowman

Attendee Engagement

This workshop will be composed of a didactic portion addressing the evidence supporting body weight support and therapy programs at Sheltering Arms Institute. This will be followed by case studies and interactive discussions. We will plan a portion of the workshop for brainstorming and addressing barriers for implementation.

Abstract

Background: Currently, body weight support (BWS) devices are utilized primarily by physical therapists (PTs.) The authors work for Sheltering Arms Institute, an inpatient rehabilitation hospital that embraced early adoption of BWS technology and have used it with a variety neurologic patient populations. The sophistication of new devices in the last 15 years, including 3-D movement has evolved to allow increased clinical utilization. The possibilities of treatment approaches with this new technology make it increasingly apparent that there are opportunities for other disciplines to capitalize on the benefits of BWS, such as occupational therapy (OT) and therapeutic recreation (TR.) BWS is appropriate for use beyond improvements in gait, but also to increase participation in activities of daily living and quality of life.

Proposed Workshop: In an interactive workshop, we will present how neurologic recovery programs at SAI incorporate BWS technology. We will solicit input from the audience on how they currently use BWS technology. This will include time for brainstorming to decrease barriers, increase usage, promote neuroplastic changes and promote technology integration in the practice of others using knowledge translation initiatives. Planned discussions include a variety of BWS devices such as Bioness Vector, Motek RYSEN, and Hocoma Andago. We will utilize patient cases to demonstrate technology use in a transdisciplinary environment. Examples include OTs utilizing BWS for safe performance of ADLs and quadruped activities such as crawling on a treadmill. Also, co-treatments will be featured including TRs and PTs engaging patients in recreational activities. We will discuss options for pairing the use of BWS with other technologies, particularly for upper extremity function. Through these case examples, we will apply principles of motor learning, promotion of repetition, salience and intensity and how these strategies may be implemented in other care settings.


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