

Update on Good Shepherd  
Rehabilitation Network Therapy  
Programs

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# Inpatient and Outpatient Care

- Good Shepherd provides inpatient and outpatient care at 49 locations. This includes 36 locations in the greater Lehigh Valley and 13 locations at Good Shepherd Penn Partners in Philadelphia.

# Facts about Good Shepherd

- Number of people treated by Good Shepherd annually: 62,000+
- 31 Outpatient physical rehabilitation sites with 21 in the Lehigh Valley and 10 in Philadelphia.
- 4 inpatient rehab hospitals: GSRH Allentown, GS at Pocono Medical Center, GS Pediatric Unit, Penn Institute for Rehab Medicine. Contract with other hospitals also.
- In 2011 charitable care was \$7.751 million

## Interactive Metronome

- IM technology works by challenging the patient to improve the brain's timing and processing skills through the use of whole-body exercises in the presence of a computer generate beat. Patient attempts to match the rhythmic beat with repetitive movements.
- [http://www.youtube.com/watch?v=S1407F\\_Tw-Y](http://www.youtube.com/watch?v=S1407F_Tw-Y)

# EKSO with Variable Assist

- Used with patients who had a stroke or other neurological conditions (including incomplete SCI) and have hemiparesis – partial paralysis of lower limbs or limbs). Battery powered motors drive the legs and replace neuro muscular function.
- [http://www.youtube.com/watch?v=XCT\\_YIEIGX4](http://www.youtube.com/watch?v=XCT_YIEIGX4)

# EKSO

- Ekso allows a person with lower-extremity paralysis or weakness (spinal cord injury or MS) to stand and walk through a series of sensors that work with a gesture-based interface that detects the user's intentions.
- The battery-powered, on-board computer then commands motors at the hip and knee joints to move the legs through a smooth, natural gait.
- Patients must use crutches or a parallel bar for balance.
- Good Shepherd's therapists are specially trained in the use of the Ekso as part of therapy plans or for patient maintenance programs
- <http://www.youtube.com/watch?v=t0hRKIN6noE>