ABLE BIONICS USA

ASPEN/SNOWMASS, COLORADO
GLENWOOD SPRINGS, COLORADO

CLIENT INFORMATION

To Whom It May Concern:

Able Bionics USA is a charitable community-focused neuro-rehabilitation program funded by Bridging Bionics Foundation. Our collaborative goal is to provide access to cutting edge technology, which is typically cost prohibitive, to enhance neuro-recovery and quality of life for individuals who have neurological disorders or mobility impairments.

We launched the program in the Aspen Club & Spa on October 19, 2015. While the Aspen Club & Spa undergoes a remodel, we have relocated to the **Snowmass Club** in Snowmass Village, Colorado. We also operate our program in a second facility in Glenwood Springs at **Midland Fitness**. Operating in a health club facility enables individuals with mobility impairments, who qualify to use the technology, to exercise in an inclusive environment that promotes wellbeing.

SCHEDULING SESSIONS

To participate in the Able Bionics USA Program, please contact either:

Amanda Boxtel, Executive Director
Email: Amanda@bridgingbionics.org
Cell: (970) 379-0721

or

Rebecca Harrell, Program Coordinator
Email: Rebecca@bridgingbionics.org
Cell: (303) 667-9823

Amanda or Rebecca will email you the paperwork to complete, and schedule your first session with a physical therapist.

NEW CLIENT PAPERWORK

All clients must complete the following paperwork before participating in the program and before using the equipment: (Please note specific contraindications listed on the medical release form.)

- Able Bionics USA Client Information Form
- Able Bionics USA Medical Release (to be signed by your physician)
- Able Bionics USA Waiver
- Able Bionics USA / Bridging Bionics Foundation Media Release

Please scan and email a digital copy of the paperwork to **Amanda@bridgingbionics.org** and bring the original copies with you to your first scheduled session.

CLIENT COST

The Able Bionics USA Program with Bridging Bionics Foundation is a charitable outreach to encourage locals with mobility impairments living in the Roaring Fork Valley and I-70 corridor to attain a better quality of life. Bridging Bionics Foundation will conduct ongoing fund raising activities to sustain the program and offset the cost for physical therapist training and compensation.

- **One-Year Annual Donation Recommendation**
  A one-time *annual* minimum program fee of $300 to participate in the program is recommended.
  (Sponsorship applications are available upon request.)
- **One-time Visit Only**
  For individuals who use the technology for one time only, the recommended donation is $150.

Please make your check payable and send to:

Bridging Bionics Foundation
PO Box 3767
Basalt, CO 81621

ABLE BIONICS USA

Bridging Bionics FOUNDATION

CANCELLATION

We appreciate a 48-hour cancellation notice from your scheduled appointment. It is difficult accommodating schedules and canceling appointments affects other clients.

If you need to cancel within a 24-hour period *before* your scheduled appointment, we encourage a $75 donation per scheduled hour to cover the cost of compensating our physical therapists for their time. Our physical therapists will need to be paid regardless, whether you show or not. We trust you will honor their time and commitment to helping you achieve your therapy goals.

VENUES

Snowmass Club

Hours of Operation

Monday – Friday	5 am – 8 pm
Saturday & Sunday	6 am – 8 pm

Snowmass Club – Athletic Club and Spa
0239 Snowmass Club Circle, Snowmass Village, CO 81615
Tel: (970) 923-5600
Website: http://www.snowmassclub.com

Children are *not* permitted in the Snowmass Club's Athletic Club and Spa. For clients or volunteers who bring children with them, please arrive early to check your child/children into the Athletic Club Childcare Facility. The cost is $10/hour. The hours of operation are Monday through Saturday, 8:30 am – 12:00 pm. The Childcare Facility is located down the hallway to the right beyond the front desk to the Athletic Club (near the exit to the pool).

Directions:
The address for a Google Maps search is: 0239 Snowmass Club Circle, Snowmass Village, CO 81615
From Hwy 82 turn on to Brush Creek Road
2.7 miles
At the traffic circle take the second exit on to Highline Road
0.6 miles
Turn right on to Snowmass Club Circle
0.2 miles
Turn right into the main Snowmass Club entrance
Drive around the traffic circle and take the small road to the right to the lower parking area.

The entrance to the Athletic Club & Spa is on the lower level and can be accessed on the same level as the parking area.

(The parking area is marked by the red X on the map)

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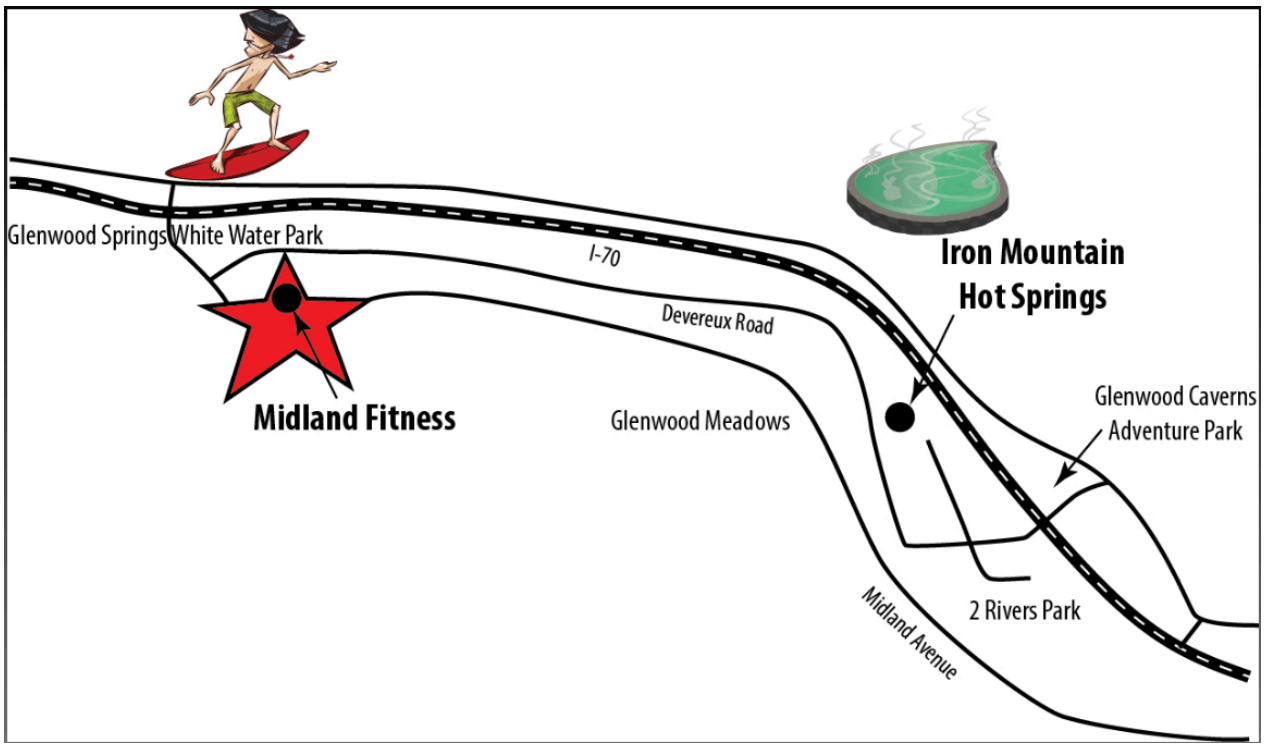
Midland Fitness

MIDLAND FITNESS

(970) 945-4440
100 Midland Ave, Suite 250
Glenwood Springs, CO 81601
info@midland-fitness.com

Hours of Operation

Monday – Thursday	5:30 am – 9 pm
Friday	5:30 am – 8 pm
Saturday	6:30 am – 12 pm
Sunday	Closed



Directions
View MIDLAND FITNESS's location in Google Maps.

DESCRIPTION OF THE EQUIPMENT
The equipment, which is available for clients to use include:

- **A raised physical therapy platform mat** for client evaluations and to make transferring from a wheelchair easier.

Mat Platform
- Weight capacity of 700 lbs
- 6 legs for added stability
- Triple bolted corner legs
- Solid hardwood legs with plywood frame
- 2 inch ultra firm foam padding
- Gray edge bumper to help protect against tears
- Premium, Heavyweight, knit-backed vinyl upholstery
- Available options see ACCESSORIES tab
- Proudly made in the USA

240 - Mat Platform

- **A Galileo Neuromuscular Tilt Table and Smart Mano Dumbbell**
  Galileo's side-alternating stimulation systems are a powerful whole-body tool that has shown great results providing functional neuromuscular training and recovery. In the last 10 years scientists have also shown that the brain and the spinal cord have the ability to learn and relearn after neural injury with highly repetitive activity based interventions.

  Instead of activating the muscles voluntarily, the principle of Galileo is to evoke involuntary muscle contractions. This happens directly through using the afferent and efferent nervous system to induce thousands of reflexive muscle contractions - all in a matter of minutes.

  - **Clinical Treatment Advantages of the Galileo Tilt Table**
    • Reduction of spasticity and management
    • Optimizes neuromuscular recovery and accelerates early rehabilitation
    • Engages afferent and efferent reflex-based muscle stimulation
    • Recruits small & large antagonistic muscles in lying to standing position
    • Improves muscle balance, function, power and force
    • Provides 4,500 contractions in 3 minutes at 25Hz

  - **Spinal Cord Injury**
    • Reduction of spasticity and management
    • Improvement of neuromuscular recovery and plasticity
    • Improvement of balance muscle function, force and power
    • Improvement of blood flow
    • Improvement of circulation and the lymphatic system
    • Higher bone mass and osteoporosis prevention
    • Back pain treatment and prevention
    • Whole-body stimulation in a laying, sitting and standing position

  For more information on the Galileo, please visit the website: http://stimdesigns.com.

Galileo Delta Tilt Table
Muscle training for individuals who are unable to stand without support.

Galileo Mano
The Galileo Mano dumbbell systems are used for the hands, arms and shoulders to reduce spasticity or used to alleviate movement restrictions and circulatory disorders and improve motor function or invigorate the muscles.

- **An Ekso™ Bionic Exoskeleton Suit**

  Ekso™ is a wearable bionic suit which enables individuals with any amount of lower extremity weakness to stand up and walk over ground with a natural, full weight bearing, reciprocal gait. Walking is achieved by the user's weight shifts to activate sensors in the device, which initiate steps. Battery-powered motors drive the legs, replacing deficient neuromuscular function.

  - Provides a means for people with as much as complete paralysis, and minimal forearm strength, to stand and walk
  - Helps patients re-learn proper step patterns and weight shifts using a functional based platform
  - Facilitates intensive step dosage over ground

  Ekso is a gait training exoskeleton intended for medically supervised use by individuals with various levels of paralysis or hemiparesis due to neurological conditions such as stroke, spinal cord injury or disease, traumatic brain injury and more. With medical clearance, it typically facilitates walking for people with a broad range of motor abilities and sizes; which may include up to C7 complete, any level of incomplete SCI, and non-or pre-ambulatory individuals post-stroke.

  - Accommodates an unprecedented spectrum of patients in motor ability
  - Everyone medically cleared who has passed physical examination has walked in their first session
  - Designed for utility and ease-of-use in a clinic setting

  For more information on Ekso, please visit the Ekso Bionics website at: http://eksobionics.com.

- **An Indego® Bionic Exoskeleton Suit**

  Like the Ekso, the Indego Therapy Kit enables clinicians to conduct over-ground and task-specific gait training. Indego offers features that set it apart as a tool for therapy for those with spinal cord injuries, including a lightweight modular design (just 26 lbs.), functionality (it's versatility allows clients to wear their own shoes for training inside and outside on uneven surfaces), intuitive controls with a wireless operation, fast charging light weight batteries that allows continuous extended use, and a variable assist mode that offers clinicians innovative gait therapy options. Future advancements will enable our therapists to offer an even more efficient therapy regimen. Parker hopes that Indego will soon be FDA approved to 'turn on' its functional electrical stimulation capabilities, and by early 2018 they hope the device will be FDA approved for individuals with mobility impairments who have sustained a stroke.

  For more inforamtion on Indego, please visit the website at: http://indego.com

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INFORMATION ON CLIENT USE OF EQUIPMENT

Before using ANY equipment, all clients must first schedule a session with a physical therapist.

- For the Galileo Neuromuscular Tilt Table and Smart Mano Dumbbell, typically one or two 30 minute sessions with a PT is required before a client is officially signed off to transition to use the equipment independently or with a helper.
- For the Ekso or the Indego – bionic exoskeleton suits – a scheduled session with a physical therapist(s) will be required at all times. The client will first be evaluated by a physical therapist to determine if the client meets the inclusion criteria to walk in the device. The clinical evaluation will typically last 30 minutes, followed by a 45 minute walking session.
- We recommend that all clients get in the habit of first stretching and using the Galileo Neuromuscular Training System in preparation to walking in the bionic exoskeleton suit. The Galileo will help reduce tone and spasticity, while increasing circulation. A 15-minute session will be adequate time on the Galileo Tilt Table prior to walking in the Ekso.

Please show up early for your sessions to use the restroom, complete necessary paperwork and stretch.

PHYSIOLOGICAL BENEFITS

We have discovered and documented the benefits of using a combination of the *Galileo Neuromuscular Vibrational Tilt Table* and *Smart Dumbbell* (http://stimdesigns.com), with the bionic exoskeleton suits. Functional gain and improved fitness is evidenced by

- Greater heart rate and increased oxygen uptake
- Significant increase in joint range of motion
- Multi-system stimulation: motor, sensory, nervous, brain, cardiac (increased circulation), and digestive (bladder/bowel efficiency and regularity)
- Decreased spasticity
- Improved mental acuity and alertness
- Improved sleep
- Decrease in neuropathic pain
- Improved self-reported quality of life, motivation to exercise, and overall health and wellness
- Reducing the risk of secondary health complications.

On behalf of the Able Bionics USA Team, power up and we look forward to seeing you in Snowmass or Glenwood Springs!

Amanda Boxtel
Executive Director
Bridging Bionics Foundation

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https://www.youtube.com/channel/UC9wcgE2TZJtW2KoGnXQWgmA/featured
Website:
http://bridgingbionics.org