

Early Intervention With Low-Load Prolonged Stretch Helps Restore Range of Motion¹⁻⁵



Knee Extension/Flexion



Elbow Extension/Flexion



Ankle Dorsiflexion

A D V A N C E[®]



Wrist Extension/Flexion



Forearm Supination

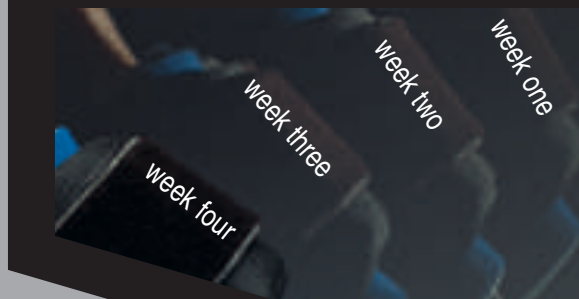


BKA



Your Partner in
Rehabilitation Outcomes

599 Cardigan Road
St. Paul, MN 55126-4099 USA
651-415-9000; 1-800-328-2536
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Scientific evidence shows low-load
prolonged stretch works best.⁶



Advance Dynamic ROM[®] delivers low-load prolonged stretch (LLPS) easily and effectively. Studies show that range-of-motion gains are maximized when tissues are held at end range for a minimum of 1 hour, which is best done as part of at-home therapy. Early intervention during the fibroplastic stage (1-3 weeks post-injury) with LLPS is most effective.¹⁻⁴

- LLPS promotes more permanent tissue remodeling.
- Simple fitting and adjustment controls are built in.
- Patient-friendly design promotes comfort and compliance.
- Empi does the paperwork; flexible options available.

For clinical inservice, protocol and clinical reprints, contact your Empi representative or call 1-800-328-2536.

¹ Nuismar B, et al. The Use of Low-Load Prolonged Stretch Devices in Rehabilitation Programs in the Pacific Northwest. *Am J of Occup Ther.* 51 (7): 538-534, 1997.

² Ewing Fess E, et al. The Influence of Splinting on Healing Tissues. *J Hand Ther.* 11: 157-160, 1998.

³ Hardy M, et al. Therapeutic Effects of Heat, Cold and Stretch on Connective Tissue. *J Hand Ther.* 11: 148-155, 1998.

⁴ Cyr L, et al. How Controlled Stress Affects Healing Tissues. *J Hand Ther.* 11: 125-130, 1998.

⁵ McClure, PW, et al. The Use of Splints in the Treatment of Joint Stiffness: Biologic Rationale and an Algorithm for Making Clinical Decisions. *Phsy Ther.* 74(12): 1101-1107, 1994.

⁶ Light, et al. Low-Load Prolonged Stretch vs. High-Load Brief Stretch in Treating Knee Contractures. *Phsy Ther.* 64 (3): 330-333, 1984.