Pet therapy helps patients heal

Baker loves to work,” Atkins continues. “Every morning before we leave for work, Baker sits near the door waiting for us to put on his leash. As soon as we are through the door of the hospital, he begins to excited.”

Baker is a 1½-year-old, 18-pound, long-haired mix, was brought in to help patients at Carolina’s Rehabilitation. Baker is incorporated into the patients’ therapeutic goals, and his work with patients counts as extremity skills. Baker is included in a group therapy to help patients move around for their goals. For example, Baker can help spinal cord injury patients learn to take care of their pets at home. For those patients, he can help them work on their upper extremity skills. Baker is incorporated into the patient’s therapeutic goals, and his work with patients counts as extremity skills. The simple act of petting Baker helps to improve patients’ conditions.

Since coming to Carolina’s Rehabilitation, Baker has been a welcome addition to the recreation therapy staff at Carolina’s Rehabilitation. He provides joy to our patients, their families and our team members.

The POWER of PUPPY LOVE
When wearing his signature blue vest, Baker looks in his room. “The best thing about working with Baker is seeing patients’ faces light up when he comes in the room,” Atkins explains. “Many times, our patients are tired and don’t always want to get out of bed for therapy. But as soon as patient knows Baker is coming, they’re eager to get up and start the day.”

One patient who is especially fond of Baker is a woman who has sustained a disabling brain injury. She was matched with Carolina’s Rehabilitation recreation therapist Karen Atkins, MD. Baker works with individuals in the hospital’s group therapy to help patients meet their goals. For example, Baker can help spinal cord injury patients learn to take care of their pets at home. For those patients, he can help them work on their upper extremity skills. Baker is incorporated into the patient’s therapeutic goals, and his work with patients counts as extremity skills. The simple act of petting Baker helps to improve patients’ conditions.

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AWARDS, ACCOLADES & PUBLICATIONS

Carolina Rehabilitation has made a generous commitment to provide a time-limited scholarship for a UNC-Chapel Hill Occupational Science student for the 2010-2011 academic year. The scholarship will be awarded to a high performing student who desires to complete a clinical affiliation in adult acute-patient rehabilitation at Carolina Rehabilitation in Charlotte. The $2,000 scholarship will go toward student fees, textbooks, books or room and board. Secondary occupational therapy research students are eligible, selection criteria are based on grades, research average and career path goals.

Carolina Rehabilitation will host a Spinal Cord Injury Conference October 22-23, 2010 for nurses, case managers, clinicians, caregivers and individuals with spinal cord injuries. For more information about the conference or to register, visit www.carolinarehabilitation.org.

A variety of clinical centers at our National Institutes of Health-based National Center for Disabilities and Rehabilitation Research—funded research were accepted for poster and oral presentations at the International Brain Injury Association 6th World Congress and the National Institute on Disability and Rehabilitation Research National Convention: Abstracts include Immobilization and Skin Breakthroughs in the Veterinary Setting and Advances in Technology in the Field of Spinal Cord Injury. Also, Carolina’s Rehabilitation and the University of Maryland School of Medicine have a research faculty member at Carolinas Rehabilitation.

PIONEERING TREATMENTS
BRIGHT LIGHTS IN CLINICAL RESEARCH

Over the past few years, the Carolina’s Rehabilitation staff has participated in exciting and innovative scientific research and clinical programs. The staff are uniquely positioned to initiate and sustain pioneering research initiatives that will advance patient care and clinical programs significantly. Carolina Rehabilitation is building a Human Performance Laboratory that will be a specialized center for conducting research and testing leading-edge technologies such as the Lokomat. Only a few centers exist in the world, and physicians are excited about the opportunity to provide this kind of state-of-the-art care for the Charlotte region.

Show your support!
To learn more about the Human Performance Laboratory, please contact us at 704-355-3558 or visit www.carolinasrehab.org.

Carolina Rehabilitation is committed to providing the best treatment options for our patients and patients across the nation. The vision of the Human Performance Laboratory is to explore new research and technology that can help improve patient outcomes and quality of life.
JAYNES: HOLDEN WILL TELL YOU that you can be a picture of perfect health—eating well, sleeping well, training hard, living a Christian way—and still dodge death for life from a fast-moving and stealth disease. Holden knows this firsthand, having been diagnosed with Guillain-Barré Syndrome (GBS) last year.

Holden also knows that in a medical emergency, finding the best medical care can save your life. Fortunately for Holden, his wife, Kim, and their two children, Joshua and Kalien, the physicians and staff at Carolinas Healthcare System ensured that his condition wouldn’t become a family tragedy.

AN UNEXPECTED DIAGNOSIS
Holden takes care of himself. A captain for the Fireworks Department and a member of the SWAT team, he runs 10 miles or more just to have something to do. But Holden discovered his full of unexpected twists and turns.

During the last week of April 2009, Holden was at soccer when he began to run a slight fever. He moved his fingers and toes started to tingelikeChristmas lights. The following day, Holden was in the ICU room at Carolinas Medical Center. He was unable to walk. Scans ruled him out for cardiac Medical Center, where he was diagnosed with GBS.

GBS is a rare disorder in which the immune system attacks the peripheral nervous system and causes the nerve impulses to slow down, causing muscle weakness. While most often affects the arms and legs but also affects breathing and facial muscles, requiring a ventilator to assist with breathing.

“After I got to CMC, I was nearly paralyzed,” Holden said. “All my arms fell down and I couldn’t move my eyes. I couldn’t breathe on my own, and my heart rate dropped to 20 beats per minute—but oddly enough, I was totally cognizant. Needless to say, my wife and I thought we were looking at the last time.”

GETTING STRONGER

Every day

Of course, that’s not how this story ends. Holden was in the intensive care unit for six weeks, but in June 8, he made his way to Carolinas Rehabilitation.

The worst was over, but he didn’t shut up and was totally dependent on his wife, physical therapist Jackie Labarbera, and his occupational therapist, Kara Cantoni, for all of his needs. William M. Scelza, MD, an internist in the spinal cord injury program, supervised every aspect of Holden’s recovery.

Physician Focus

William M. Seelza, MD

“Mr. Holden arrived at Carolinas Rehabilitation and was essentially unable to move his arms or legs, but from day one he was motivated to achieve,” Dr. Scelza recalls. “His battle was long, but his determination and the support from his family never wavered. Every day I was astounded at the new gains he was making. Our rehabilitation team really pushed him forward.”

Holden is back to full duty at the police department and is once again wearing his running shoes. His calendar for 2010 includes a half marathon and a mini triathlon. “I can’t say enough about the care I received at CMC and particularly Carolinas Rehabilitation,” Holden says. “Thanks to their team of professionals, I am enjoying the God-given life with great enthusiasm.”

A dedicated chemical denervation clinic for spasticity and increased tone

FOR INDIVIDUALS WHO HAVE increased tone or excess spasticity (in condition in which certain muscles are continuously contracted, performing daily activities can be extremely difficult. Increased tone interfere with physical activity, hygiene, and toilet training and can limit range of motion and cause pain. Stroke patients and individuals with spinal cord injury, brain injury or multiple sclerosis typically experience spasticity and increased tone.

Research shows that chemical denervation over the course of one or more can improve tone and reduce spasticity. Chemical denervation is a temporary solution that lasts two to six months. The procedure is reversible and can be repeated. A dedicated chemical denervation clinic has offered chemical denervation but didn’t have a dedicated clinic for its patients—until now. Olivia A. Mutlani, Latonya Lofton, MD, and Shilpa Kasuganti, MD, held a clinic designed specifically to treat patients with increased tone and spasticity.

REHABILITATION IS A LEADER IN PROSTHETICS AND ORTHOTICS

Carolina’s rehabilitation program consists of at least three hours of daily therapy that focuses on activities of daily living and mobility. Intensive physician management of any medical conditions is also included. Psychological counseling for the adjustment to injury or impairment, equipment evaluations and peer support are also part of the inpatient rehabilitation program.

The goal for patients to return home as soon as they able.

The inpatient clinic provides ongoing services for patients after they’ve transitioned to the home environment and evaluates and manages caregivers who provide services at home.

The integrated team of physicians, nurses, therapists, psychologists and social workers to provide comprehensive care to patients in both inpatient and outpatient settings.

The outpatient clinic offers patients, sports with sports injuries and those with spinal cord injuries.

In his time, Dr. Scelza enjoys spending time with his wife and three boys, playing wheelchair sports and hand cycling. Dr. Seelza also manages andخططلا/enzyme and manages physical therapy to provide services at home.

Prosthetics and orthotics services

Carolina’s rehabilitation program offers a variety of services, including but not limited to: Prosthetics, orthotics, and spinal cord injury programs, designed specifically to treat patients with increased tone.

Meet our dedicated staff

The goal of this team is to learn more about our patients and other medical staff members.

Carolinas Rehabilitation is a leader in prosthetic and orthotic management. Our board-certified physicians—including Brooks Kasten, MD, Loftony Lofton, MD, and Shilpa Kasuganti, MD—hold a clinic in our multispecialty clinic in the spine, orthopaedics, and spine cord injury program. Our patients are evaluated to determine if he or she would benefit from chemical denervation. Drs. Lofton and Kasuganti hope to improve the early return home.

Dr. Kasuganti says.

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The Ironman with an iron will

JAYMES HOLDEN WILL TELL YOU that you can be a picture of perfect health—eating well, sleeping well, training hard, a Christian—win and achieve during a life of high-velocity and hard-endurance sport until something changes—often, within days. Battle for your life from a spinal cord injury. "I knew what was coming, I had shut down and I couldn’t close my eyes," Holden says. "All my nerves were paralyzed, I couldn’t even swallow or wipe my nose, and my heart rate dropped to 20 beats per minute—but oddly enough, I was totally cognizant. I knew my wife and I would be seeing each other for the last time."

GETTING STRONGER EVERY DAY

"It's not like this story ends," Holden added. "I was in intensive care in the hospital for six months, but once I was discharged it was a vacation. I had to work my way back. I started walking again in physical therapy. I began doing things I hadn’t been able to do physically. I really missed much of my life."

During the last week of April 2009, Holden was at sorority week when he began to run a slight fever. His fingers and toes started to tingle, and his sight was affected. The following day, Holden was in the emergency room at Carolinas Medical Center. "I was unable to walk. Surgery ruled him out. He was diagnosed with Guillain-Barre Syndrome (GBS)."

GBS is a rare disorder in which the immune system attacks the peripheral nerve system causing the nerve impulses to slow down, causing muscle weakness. What most often affects the arms and legs but also affects breathing and facial muscles, requiring a ventilator to assist with breathing. "I was on a ventilator and I was paralyzed," Holden said. "All my nerves told down and I couldn’t close my eyes. I couldn’t breathe on my own, and my heart rate dropped to 20 beats per minute—but oddly enough, I was totally cognizant. I knew my wife and I would be seeing each other for the last time."
THE IRONMAN WITH AN IRON WILL

William M. Selz, MD

FOR INDIVIDUALS WHO HAVE INCREASED TONE OR EXCESS SPASTICITY (IN CONDITiON IN WHICH CERTAIN MUSCLES ARE CONTINUOUSLY CONTRACTED, PERFORMING DAILY ACTIVITIES CAN BE EXTREMELY DIFFICULT. INCREASED TONE INTERFERES WITH POSTURE, FUNCTIONAL ACTIVITY, HYGIENE, INCONTINENCE AND CAN LIMIT RANGE OF MOTION AND CAUSE PAIN. STROKE PATIENTS AND INDIVIDUALS WITH SPINAL CORD INJURY, BRAIN INJURY OR MULTIPLE SCLEROSIS TYPICALLY EXPERIENCE SPASTICITY AND INCREASED TONE)

Research shows that chemical denervation over the course of one or more can improve tone and reduce pain significantly. Although this treatment is a temporary solution that lasts only six to nine months, the complications are reversible and can be repeated.

Carolina's interdisciplinary team has offered chemical denervation but didn't have a dedicated clinician for its patients—until now. Olivia A. Martino, Latvia Lofton, MD, and Shikha Kasuganti, MD, held a clinic designed specifically to treat patients with increased tone and spasticity.

"Chemical denervation can significantly improve posture, hygiene, functioning and overall quality of life," Dr. Kasuganti says.

During the initial trial, a physical and medical rehabilitation physician assessed the patient to determine if he or she would benefit from chemical denervation. Drs. Lofton and Kasuganti hope to continue this process once a week, providing patients with continuous access to meaningful improvement in daily functioning.

Outpatient Services

CARRoLinaS REHABilitation IS A regional leader in prosthetics and orthotic management. Our board-certified physicians—including Dr. Kasuganti, Dr. Lofton and Soujan Bhyrappa, MD—are board-certified in prosthetics and orthotics. We have an integrated team of physicians, nurses, therapists and technicians with the expertise to provide comprehensive care to patients in both inpatient and outpatient settings. Amputees, stroke patients, patients with sports injuries and those with spinal cord injury, brain injury or multiple sclerosis are among those treated in our program.

Physician Focus

William M. Selz, MD

An unexpected diagnosis

Holden takes care of himself. A captain for the Pineville Police Department and a member of the SWAT team, he runs 10 miles or more just to have something to do. But his Holden discovered, he is full of unexpected twists and turns.

During the last week of April 2009, Holden was at sorority week when he began to run a bit slower than usual. He had been wearing his running shoes. His calendar was full of upcoming events, but he still couldn't sit down. His symptoms progressively worsened. Holden was in the intensive care unit for the last time.

"My heart rate dropped to 20 beats per minute. I couldn't observe my own, and my heart rate dropped to 20 beats per minute—but oddly enough, it was totally coincidental. Needless to say, my wife and I would've been looking at each other for the last time." }

Holden had been admitted to Carolinas Rehabilitation and was essentially unable to move his arms or legs, but from day to day he was motivated to achieve," Dr. Kasuganti says.

Holden arrived at Carolinas Rehabilitation with spinal cord injury and spasticity management with intrathecal baclofen.

Chemical denervation is a temporary solution that lasts only six to nine months. The complications are reversible and can be repeated.

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Meet our dedicated staff

Carolina’s rehabilitation team stands ready to learn more about our physicians and other medical staff members.

For patients with sports injuries and those with spinal cord injury, brain injury or multiple sclerosis, Carolina’s interdisciplinary team has offered chemical denervation but didn’t have a dedicated clinician for its patients—until now. Olivia A. Martino, Latvia Lofton, MD, and Shikha Kasuganti, MD, held a clinic designed specifically to treat patients with increased tone and spasticity.

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Pet therapy helps patients heal

FOR ANIMAL LOVERS, BEING away from their pets during rehabilitation stays can be difficult. Pets like dogs and cats have been proven to have a healing effect on people and can make even the worst day seem bearable.

Knowing the positive effects pets can have on our patients, Carolina Rehabilitation started an animal assisted therapy program in 2009. By providing the animals, Carolina Rehabilitation was brought in to help patients meet their therapy goals. Every day, Baker works with both adult and pediatric patients, bringing a smile to the faces of all who encounter him.

HIGHLY TRAINED HELPERS
Baker was trained by Canine Companions for Independence® (CCI) which is a non-profit organization that enhances the lives of people with disabilities by breeding, training, and providing Labrador retrievers to individuals in need of trained assistance dogs.

A unique therapy
For more information about the pet therapy program contact Carolina Rehabilitation at 1-877-CRABEST.

AWARDS, ACCOLADES & PUBLICATIONS
CAROLINA REHABILITATION
1100 Bythel Blvd
Charlotte, NC 28203
PHONE: 1-877-REHAB1S (1-877-734-2281)
E-MAIL: referraldevelopment@carolinarehabilitation.org
VISIT ONLINE: www.carolinarehabilitation.org

RACE YOU TO THE BOTTOM!
ASAP helps skiers conquer the mountain

Innovating advances in rehabilitation medicine

For people with spinal cord injury, brain injury, multiple sclerosis and other neurological conditions, learning to walk again is extremely difficult. Therapeutic training with a partial or full weight-bearing apparatus is one way therapists are able to emulate walking movements.

Carolinas Rehabilitation has partnered with Hocoma, Inc. to host a workshop on robotics in rehabilitation and test a machine called the Lokomat, the world’s first drive-train orthosis. The goal of the workshop is to allow clinicians across the Southeast to observe patients performing locomotor training through the Lokomat and learn about research on the efficacy of such training.

“Studies suggest robot-assisted training reduces fatigue, improves muscle strength, equilibrium, on-ground walking speed and endurance, and may ignite motor-relearning events in the brain and spinal cord that underlie motor recovery,” says Mel-Hick, PhD, a research faculty member at Carolina Rehabilitation.

PIONEERING TREATMENTS
BRIGHT LIGHTS IN CAROLINA REHAB

Over the past few years, the Carolina Rehabilitation staff has participated in exciting and innovative scientific research and clinical programs. The staff are uniquely positioned to initiate and direct innovative research initiatives that will advance patient care and clinical programs significantly. Carolina Rehabilitation is building a Human Performance Laboratory that will be a special center for conducting research and testing leading-edge technologies such as the Lokomat. Only a few centers exist in the world, and physicians are excited about the opportunity to provide this kind of state-of-the-art care for the Charlotte region.

Show your support
To learn more about the Human Performance Laboratory to support the research program through charitable giving, contact us at 704-355-2038 or visit www.carolinarehabilitation.org.

Carolinas Rehabilitation is committed to providing the best treatment options for its patients and patients across the nation. The mission of the Human Performance Lab will enable the hospital to further investigate advances in rehabilitation medicine and participate in leading-edge clinical research studies.
Pet therapy helps patients heal

FOR ANIMAL LOVERS, BEING aw ay from their pets during inpatient rehabilitation stays can be difficult. Pets like dogs and cats have been proven to have a soothing effect on people and can make even the worst day seem bearable.

Knowing the positive effects pets can have on our patients, Carolina Rehabilitation started an animal assisted therapy program in 2009. For the Carolina Rehabilitation staff, Baker, a facility dog, is brought in to help patients meet their therapy goals. Every day, Baker works with both adult and pediatric patients, bringing a smile to the faces of all who encounter him.

HIGHLY TRAINED HELPERS
Baker was trained by Canine Companions for Independence® (CCI). CCI is a nonprofit organization that enhances the lives of people with disabilities by breeding, training, and providing Labrador and golden retrievers to help them train assistance dogs. At 18 months old, sick dog begins an extensive training program and masters more than 40 commands. The dog is then matched with a professional who assesses pets with disabilities. Baker was matched with Carolina Rehabilitation therapy resident Kerry Atkin, B.S.

Baker works with individuals in the rehabilitation group therapy to help patients meet their goals. For example, Baker can help spina bifida and spinal cord injury patients learn to take care of their pets at home. For those without pets, Baker can help them work on their upper extremity skills. Baker is incorporated into the patient’s therapeutic goals, and his work with patients counts as part of their daily therapy sessions.

THE POWER OF PUPPY LOVE
When seeing his signature black coat, Baker is well known in the lobby. "The best thing about working with Baker is that we can see patients’ faces light up when they come in the room," says Atkin. "Many times, our patients are tired or sad and don’t always want to get out of bed for therapy. But as soon as patients see Baker is coming, they’re eager to get up and start the day.

"Baker loves to work," Baker continues. "Every morning before we leave for work, Baker sits near the front desk waiting for us to put it on. As soon as we walk through the door of the hospital, the dogs go crazy." Some of the many commands Baker knows include picking items up off the floor, opening and closing doors on cabinets and fetching items. He also is trained to put his head in patient’s laps and hold it there for as long as necessary. The simple act of petting Baker helps to improve patients’ coordination.

Since coming to Carolina Rehabilitation, Baker has been a welcome addition to the rehabilitation therapy staff at Carolinas Rehabilitation. He provides joy to our patients, their families and our team members.

AWARDS, ACCOLADES & PUBLICATIONS
- Carolina Rehabilitation has made a generous commitment to provide a time-limited scholarship for a UNC-Chapel Hill Occupational Science student for the 2010-2011 academic year. The scholarship will be awarded to a high performing student who desires to complete a clinical affiliation in adult acute patient rehabilitation at Carolina Rehabilitation in Charlotte. The $2,000 scholarship will go toward student fees, books, and room and board. Secondary occupational therapy research students are eligible; selection criteria are based on grade point average and career path goals.
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- A white article of our National Institutes of Health and National Institute on Disability and Rehabilitation Research-funded research were accepted for poster and oral presentations at the International Brain Injury Association 8th World Congress and the Midwest Political Science Association National Convention. Articles include Intermittent and Complementary Rehabilitation Techniques for Treatment of the Chronically Brain Injured and Cognitive Rehabilitation through the Lokomat Rehabilitation System. The latter study, conducted through Carolina Rehabilitation, and the former study, through a research faculty member at Carolina Rehabilitation have partnered through the National Institute on Disability and Rehabilitation Research’s Rehabilitation Engineering and Assistive Technology (REST) Center to provide a time-limited scholarship for a UNC-Chapel Hill student. The $2,000 scholarship will go toward student fees, books or room and board. Second-year occupational therapy students are eligible; selection criteria are based on grade point average and career path goals.

HOW TO REACH US
CAROLINA REHABILITATION
1100 Bylne Blvd
Charlotte, NC 28203
PHONE: 1-877-REHAB51 (1-877-734-2251)
EMAIL: referalldev@carolinaSrehabilitation.org
VISIT US ONLINE: www.carolinaSrehabilitation.org

Race you to the bottom!
ASAP helps skiers conquer the mountain

ANYONE WHO’S STRAPED on a pair of skis or snowboard knows that these sports yield some unique, twisted joints, black eyes and bruises, to name a few. Now, imagine taking on these sports with restriction to your motor skills or limb function, or even as a paraplegic.

This is exactly what the Adaptive Sports and Adventure Program (ASAP) through Carolina Rehabilitation did at Beech Mountain Ski and Resort Club in January. People of all ages from across the country met up to test their skills.

About 15 skiers participated this year. A combination fitted with special bands and fibril padding is used to make skiing as inclusive as possible. Instruction assisted the skiers down the mountain.

Veteran volunteer Suzanne Zumbach says it best: “It was indeed another successful year. While lucky to have the best instructors in the industry and dedicated volunteers, it’s an honor to see people who can inspire us, demonstrate courage and strength, and give us a whole week of lessons. I can’t wait to see them train again next year.”

OTHER ADVANCES
Recently, Carolina Rehabilitation purchased the GaTiTrax System, manufactured by ERI Systems Inc. The GaTiTrax system automates the measurement of the temporal (time) and spatial (distance) parameters involved in gait and can be used to look at the specific issues at the front, middle and back of the foot, and it is optimized wheelchair setup and push style.

In the future, Carolina Rehabilitation staff has participated in exciting and innovative scientific research and clinical programs. The staff are uniquely positioned to initiate and sustain pioneering research initiatives that will advance patient care and clinical programs significantly. Carolina Rehabilitation is building a Human Performance Laboratory that will be a specialized center for conducting research and testing leading-edge technologies such as the Lokomat. Only a few centers exist in the world, and physiotherapists are excited about the opportunity to provide this kind of state-of-the-art care for the Charlotte region.

Show your support
To learn more about the Human Performance Laboratory that supports cutting-edge research, contact us at 704-355-3558 or visit www.carolinaSrehabilitation.org.

Carolina Rehabilitation is committed to providing the best treatment options for our patients and remains a leader in the nation. The Carolina Rehabilitation Performance Laboratory is a specialized center for conducting research and testing leading-edge technologies such as the Lokomat. Only a few centers exist in the world, and physiotherapists are excited about the opportunity to provide this kind of state-of-the-art care for the Charlotte region.