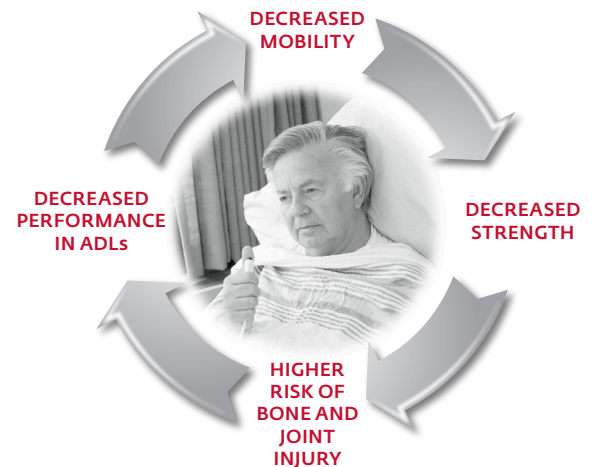


## Long-term Options for Functional Decline

DJO's Long-term Options for Functional Decline is a comprehensive program that includes program development tools, treatment protocols and various resources to help you successfully manage the problem of functional decline in your facility. This evidence based program will help you manage the challenges of weakness and deconditioning, decrease the occurrence of complications, thus allowing you to increase patient participation in therapy and decrease cost.

### The Functional Decline Dilemma

- Functional decline leads to weakness, loss of muscle mass and bone density, resulting in higher risk of bone and joint injury.
- Fear of falling contributes to accelerated muscular decline and deconditioning as a result of imposed activity restrictions.
- Disuse atrophy is the leading cause for deconditioning in over 40% of elderly patients.



### Addressing Functional Decline

- Requires a multifaceted, multi-disciplinary approach.
- Exercise prescription should include targeted exercise to promote aerobic capacity, strength and balance.
- Impairments contributing to immobility should be identified and should be aggressively treated utilizing modalities as needed to reverse vicious cycle of immobility.

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3. Okawa Y, Nakamura S, Kudo M, Ueda S. (2009). An evidence-based construction of the models of decline of functioning. Part 1: two major models of decline of functioning. *Int J Rehabil Res. Sep*;32(3):189-92.
4. Rader MC, Vaughen JL. (1994). Management of the frail and deconditioned patient. *South Med J.*; 87(5):S61-5.
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# Functional Restoration Plan

Nursing staff regularly screens ALL residents for signs of and risk for functional decline/deconditioning.

**Necessary Elements**

Standard Screening Tools

Patients at risk for functional decline are referred to therapy for evaluation and management.

**Necessary Elements**

Standard Evaluation Tools

PT/OT treats key impairments and manages weakness, atrophy and decreased mobility with one or more of the following: Electrotherapy, Moveo.

**Necessary Elements**

Modalities  
Clinical Protocols  
Staff Education

Nursing staff continues to screen and/or monitor current and new residents for signs of and risk for functional decline/deconditioning.

**Necessary Elements**

Standard Screening Tools



## The Power of Skilled Modality Use



**Without skilled modality use**

- Decreased ADL performance
- Increased risk of falls
- Decreased participation in therapy
- Decrease in muscle mass and strength

**With skilled modality use**

- Increased ADL performance
- Decreased risk of falls
- Increased participation in therapy
- Increase in muscle mass and strength

<i>Moveo</i>	<i>Electrotherapy</i>
<p>Facilitates functional exercise</p> 	<p>Muscle strengthening and muscle reeducation</p> 

