

# Services

## Special Equipment

### **Anodyne Therapy**

Anodyne Therapy is a state of the art treatment for pain caused by a condition known as peripheral neuropathy. Peripheral neuropathy is a condition in which sensation is gradually decreased and sometimes disappears completely due to decreased nerve impulses from the nervous system. Many people with diabetes may also have neuropathy and it commonly affects the lower legs and feet with a gradual loss of sensation to temperature, touch, and pressure. These can be very painful and limit a person's functional activity significantly.

When pain is so limiting, or other issues such as loss of balance, poor walking ability, or weakness in the legs and feet occur, Anodyne can help restore the quality of life. An Anodyne machine emits infrared energy to increase local blood flow in the area. This light therapy is transmitted through pads placed directly in contact with the skin. Many patients report a warm, soothing sensation during the treatments, which usually average 30-45 minutes for 10-24 sessions. This course of treatment largely depends on how each patient responds to the therapy.

We recommend Anodyne Therapy be used in conjunction with therapeutic exercises such as stretching and strengthening to maximize the functional benefits. Quality of life and pain reduction are important to enable full functional activity. At Peak Performance Physical Therapy, our therapists are trained in assessing each individual person and setting goals in accordance with their individual needs. Call us at Peak if you feel you could benefit from Anodyne Therapy or ask for Peak Performance by name.

### **BTE Work Simulator**

The BTE Simulator is an extremely effective system used for duplicating hundreds of real world job and daily living functions. With its comprehensive set of attachments and objective documentation, it's designed for use with a broad range of Occupational Therapy, Physical Therapy, and industrial clients. Perfect for treatment of all types of injuries, the BTE is exceptional in helping patients get back to activities of daily living.

(This service is offered at Industriplex location only.)

### **Hivamat**

The Hivamat is a manual electrical stimulation technique with an internationally patented treatment method. It allows for biologically effective oscillations in the treated tissue using electrostatic attraction and friction. These pleasant oscillations, which cause a vibration of the tissue, have a gentle and deep-acting effect on skin, connective tissue, muscles, and blood vessels. Deep Oscillation Hivamat therapy helps with relaxation of muscles, increases lymphatic drainage, speeds recovery of injuries, and decreases pain. The Hivamat is used with different manual massage techniques and at multiple frequencies to provide the patient with maximum benefit.

### **Kin-Com**

The Kin-Com (short for Kinetic Communicator) is a machine with multiple uses in the physical therapy and rehab world. A computer controlled strengthening device (that talks), the Kin-Com burst on the scene as the

very latest in state-of-the-art rehab technology in the late 80's and early 90's. The high price of the units, coupled with insurance companies not wanting to reimburse for the technology, caused many of the clinics that were able to have these machines to phase out their use. But the benefits of utilizing the machines never went away.

The Kin-Com has both muscle strengthening and muscle testing capabilities in a range of different muscle movement types (concentric, eccentric, passive, isometric, isotonic, and isokinetic). To a therapist, this provides a wide variety of ways to rehab all types of muscle and joint injuries. Training muscles can be adjusted to simulate the stresses of functional and sport specific activities, and muscle testing can be performed which compares the injured side to the non-injured side, or to normative data.

### **Biodex Treatment**

Peak Performance offers specialized balance training and re-education on a machine called the Biodex. The Biodex is a force plate which can be set to move or remain stationary. There is a screen which provides a visual display of the patient's movement. Patients stand on the force plate and move through a variety of exercises while watching their movement simultaneously on the screen. This allows patients to make corrections and improve their limits of stability, therefore improving their overall balance.

The Biodex also allows the physical therapist to evaluate patients to determine if they are at risk for a fall, and if so, where the deficits lie. Following testing, patients train on the Biodex with supervision to improve balance on moving and stationary surfaces. This improves functional balance and mobility to allow patients to remain independent longer.

The Biodex can also be used for athletic conditioning exercises and orthopedic rehabilitation, as well as core strengthening during rehab for low back pain.

(This service is offered at Industriplex location only.)

### **Kinesiotaping**

Kinesiotaping is a method of taping used for many different problems. It may be used to support and activate a muscle, or to prevent over contracture and muscle spasm. Other uses include swelling and corrective techniques. Although the tape may support or inhibit muscle, it always allows full range of motion and it was developed to be worn for 24 hours a day. The tape is used in conjunction with other therapies, exercises and functional activities. All Peak therapists have been trained to use kinesiotaping techniques. For more information you can visit [www.kinesiotaping.com](http://www.kinesiotaping.com)

### **Game Ready**

Game Ready is a system that uses cold water and intermittent compression simultaneously to treat acute and chronic soft tissue injuries and post surgical tissue trauma. There are several wraps used for specific parts of the body to better conform to the area. The wraps are made of 2 separate chambers, one for ice water and one for compression. The Game Ready system is used in conjunction with other treatments and exercises to help decrease inflammation and swelling which improves mobility and strength and gets the patient or athlete back to their daily life or sport quickly.