

[Back to regular view](#) • [Print this page](#)

New technology aids physical therapy

(<http://www.pioneerlocal.com/burridge/news/1700700,burr-ridge-rehab-080609-s1.article>)

August 6, 2009

By [SANDY ILLIAN BOSCH](#) Staff Writer sbosch@pioneerlocal.com

A few weeks ago, 86-year-old Dena Mass needed help putting on her sweater. The pain and lack of mobility in her shoulder kept her from doing everyday things she needed to do.

"Now, she's dressing herself," said Meena Shah, therapy program director at Chateau Center in Willowbrook, where Mass has lived for two years. Mass is one of many residents at Chateau who have benefited from a form of therapy that uses electrical stimulation to relieve pain, lessen inflammation, and get muscles working again.

Used for decades to train and treat professional athletes, the patented system from Reno-based Accelerated Care Plus has been at Chateau since January.

"We are happy with the results," Shah said.

Mass is treated with short-wave pulsed diathermy, which send short waves directly to the affected area, usually a joint. Those short waves produce soothing heat that helps to lubricate joints, reduce pain and increase mobility.

Diathermy is one of four pieces of equipment from ACP that are being used at Chateau. The Patented PENS System -- patterned electrical neuromuscular stimulation -- helps patients at Chateau recover from injuries and surgery by reteaching muscles to move in proper sequence. The impulses sent to the body by PENS closely replicate the body's normal muscle firing order, helping the body to "remember" how to make certain movements, Shah said.

"The muscles basically forget," after surgery or injury, how to work, Shah said. Used in conjunction with traditional therapy methods, Shah said she has seen impressive results.

Shah recalls a patient who upon arrival at Chateau needed the help of two people to stand up from his chair or take a few steps. The Parkinson's patient couldn't stand upright without tipping backward. A month into a therapy regimen that included PENS, the man could walk 500 feet with minimal assistance, and he was able to go home.

"It would have taken much longer (without PENS)," Shah said.

Pain relief and quickened recovery have some important side effects, Shah said. Patients using PENS often take less pain medication, which leave them less fatigued and more able to do the exercises that will help them recover.

PENS also can be used in the treatment of incontinence and to relieve the pain of arthritis, and it is used to

strengthen leg muscles, which can help people prevent a potentially life-changing fall.

In addition to diathermy and PENS, Chateau makes use of ACP's therapeutic ultrasound and Omnistim, both of which are effective means of pain relief, Shah said.

Because the machines are completely mobile, patients can begin treatment even before they are well enough to go to Chateau's physical therapy area.

"We can take it bedside," Shah said.

Shah said 60 percent of Chateau residents who participate in physical therapy receive treatment with one or more of the ACP modalities.

Pioneer.com: [Blogs](#) | [Send feedback](#) | [Contact Us](#) | [About Us](#) | [Advertise With Us](#) | [Media Kit](#)
| [Make Us Your Home Page](#)

Pioneer Local: [Subscribe](#) | [Subscriber Services](#) | [Online Photo Store](#) | [News Archives](#)

Affiliates: [YourSeason.com](#) | [RogerEbert.com](#) | [SearchChicago - Autos](#) | [SearchChicago - Degrees](#) | [SearchChicago - Homes](#) | [Local Area Jobs](#) | [Centerstage](#) | [North Shore Magazine](#)

Express Links: [TV Listings](#) | [Video](#) | [Yellow Pages](#) | [Buy Photos](#) | [Communities](#) | [School Report Cards](#) | [Eating In](#) | [Restaurant Reviews](#)

Partner: [BlockShopper.com](#)



© Copyright 2009 Digital Chicago, Inc. | [Terms of Use](#) • [Privacy Policy](#) •
[Submission Guidelines](#) • [Advertise With Us](#)