

Physical Therapy, Rehabilitation and Sports Medicine

Balance and Gait Training with Harness Support

The department of Physical Therapy, Rehabilitation and Sports Medicine at Chester County Hospital now offers the M.A.S.S. (Multiple Application Suspension System) Rehabilitation harness and rail system. This innovative device allows patients to practice all types of gait and balance activities while being comfortably supported in a safety harness. This allows the patient, under the guidance of the therapist, to confidently practice challenging and task-specific activities that can lead to faster progress in therapy.

The system is useful for anyone with gait or balance problems including: Parkinson's, Stroke, Multiple Sclerosis, Traumatic Brain Injury, Vestibular Problems, Peripheral Neuropathy, Spinal Cord Injury and others.

BENEFITS OF HARNESS SUPPORTED ACTIVITIES:

- Ability to practice high level walking and balance skills without the risk of injury.
- Reduce fear and anxiety while performing challenging activities.
- Begin aggressive gait and balance training earlier in the rehabilitation process.
- Facilitate safe but intensive group-based activities.
- Reduce pain by providing body-weight support as needed to prevent excessive weight bearing on injured or painful lower extremities.
- Practice difficult activities such as curbs, stairs and ramps while safely supported.
- Allows for more independent practice opportunities.
- Ability to practice "reactive" fall and balance training safely.

For more information, please call 610.444.6242 or visit
ChesterCountyHospital.org/PhysicalTherapy

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MEDICAL BUILDING AT NEW GARDEN

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