The popular Nintendo Wii gaming system’s motion sensing controller, originally popularized as a way to play virtual sports, now plays a critical role outside the realm of entertaining avid gamers. Hacienda Oaks Nursing and Rehabilitation Center, in Seguin, Texas, recently implemented this new computer-based virtual reality system in rehabilitative therapy.

The new technology is the latest addition to the newly renovated facility’s rehabilitation pavilion. The Wii games complement traditional and functional therapies used by rehabilitation professionals, and are the latest way patients can work their way to recovery. The Wii is also low-priced enough that people can develop home programs, once a patient can use the system independently.

Pictured here is Texas State Representative Edmund Keumpel trying for a perfect score in Wii Bowling. The results are proven to speed up the rehabilitation process in patients, and many, including Representative Keumpel, have commented on the ease of use of this gaming system as a way to recover from physical disabilities.

In all, the Wii-habilitation system helps patients improve visual and cognitive skills, problem solving, balance, coordination, and upper-and lower-body strength and endurance. Instead of using a joystick or keyboard, a gamer’s onscreen character’s physical actions are controlled by his or her real-life movement. The system can be used to play a mock game of tennis, bowling, golf, and several other games. The system includes a mat that users can stand on to work on standing and balance. The mat intelligently senses what side of a user’s body is weaker and stimulates the user to work on the balance of his or her weaker side.

The type of therapy recommended by practitioners varies, depending on that which is being treated; however, many therapy programs demand extensive effort from patients. “If you can get patients to be vested in their therapy program through a fun medium such as with the Wii, it takes the grueling process out of the physical rehabilitation, which is most of the battle for practitioners,” said President Mark Fowler. Reliant Rehabilitation is also in the process of developing standards to treat patients by implementing the Wii system into its state-of-the-art arsenal of rehabilitative innovations.
Message from the President.

Reliant Rehabilitation has been the Southern United States’ leading provider in long-term care rehabilitation for physical and occupational therapy and speech-language pathology services. If our company’s growth is any indication of our high rate of customer satisfaction – Reliant Rehabilitation has doubled in size each year since it was founded in 2003 – now servicing over 200 facilities in twelve states.

“We make a difference where it counts” is a slogan that best represents the core belief system that drives Reliant Rehabilitation’s quantifiable results – our dynamic innovations and an unprecedented quality care philosophy. Whether it’s working with a resident whom aspires to regain his or her independence and return home, or nurturing a mutually strengthening partnership with a health care facility, “We make a difference where it counts.”

POSITIVE TRACKS FOR 4TH QUARTER 2009 AND BEYOND

Management Track

We believe the first place to look for future talent is in the company’s current talent pool. Our program rewards our up-and-coming by cross-training our Associates for the next rung of their career ladder as Regional Directors. Recognizing potential stars by promoting from within is a proven, powerful means to boost morale and productivity. It’s also an attractive recruitment incentive for employees, and we intend to continue the practice of rewarding our employees and future leaders.

Model of Care Track: Model 10

Reliant Rehabilitation has devised a multifaceted Clinical Model of Guided Care called Model 10 to reconfigure an already unprecedented care philosophy into a model of interactive learning for our employees. Clinical studies have proven many benefits for Reliant Rehabilitation’s Model 10.

Model 10 provides a deeper grasp of the critical development of best practices in our field, including:

- Individual, patient-focused care and outcome
- Support for patient care decision-making by care providers
- Organization of care delivery at the systems and documentation level
- Redesign of the delivery system for appropriate discharges

This interactive symposium provides the intellectual support for our organization to be able to transform, modernize and continually improve the services for patients and facilities. A variety of outcomes are assessed for patients and providers.

Technology Track

In line with patient-driven innovation, we also continue to innovate by blending technology with customer care. In October, we commenced the newsworthy introduction of the Associate Lounge and the Customer Café. Our Associate Lounge resourcefully unifies Associates with the tools and ideas that apprise them of regulatory changes and provide a collaborative environment for the exchange of ideas and solutions. At the same time, our Customer Café provides our customers with a portal to see real-time data for key variables that are behind their rehabilitative treatment and therapy. It also offers customers a document repository of clinical programs and resources to more efficiently manage their facility.

None of the above would be possible without the work ethic of our employees, and the widely-held dedication from our customers to our belief in the “We make a difference where it counts” care philosophy.

Sincerely,

EXPERIENCE THE RELIANT DIFFERENCE
A parachute canopy is used by Omaha Health Care Center, which is a motivating device used by our team of therapists lead by Karen Abbot. The parachute is both a social and therapeutic device that is enjoyed by our residents in Omaha, Texas.

Brooklyn Boudreaux’s team of therapists work hard to accommodate to the needs of their residents at Capitol House Nursing and Rehabilitation in Louisiana.

Reliant Rehabilitation’s team of therapists at Sun City Health and Rehab in Arizona uses strength building exercise equipment to help seniors build muscle, gain strength, improve balance and achieve the highest possible level of functional independence.

Reliant Rehabilitation’s corporate team participated in the Amazing Race in Dallas before rolling it out to the field!
Upcoming Regulatory Changes.

**END OF THE YEAR UPDATE** - Regine Dade

**Physician Fee Schedule**

The Senate recently gave final approval to the 2010 Department of Defense appropriations bill that included short-term relief from the proposed 21.2 percent cut in the Medicare Physician Fee Schedule that was scheduled to take effect January 1, 2010. The provision will freeze the conversion factor at the 2009 level through February 28, 2010.

**Therapy Caps**

Therapy caps have been in place since January 1, 2010. It has been reported that hundreds of patients have now reached their cap limits, and thousands more will likely do the same during the next few weeks. In a grassroots attempt to extend the therapy cap exceptions process, all healthcare providers as well as the general public are urged to log on to the “NASL” National Association for the Support of Long Term Care Advocacy Center at www.capwiz.com/nasl to let congress know your concern for the therapy cap exceptions expiring. The campaign will force pressure on Congress to take prompt action towards extending the therapy cap exceptions process.

A provision to extend the therapy cap exceptions process was included in the House and Senate; both passed the health care reform bills. When Congress adjourned for the holidays, the provision appeared to be on track to complete action on the massive health care bill in time for President Obama’s first State of the Union address, however, things changed dramatically on Tuesday, January 19, 2010, when Massachusetts voters elected a Republican to fill the Senate seat left vacant by the death of Senator Ted Kennedy.

Adding a new Republican Senator has changed the legislative landscape for health care reform because Senate Democrats no longer have the super majority of 60 votes necessary to defeat GOP challenges. Congressional leaders have spent the past few days trying to regroup and chart a pathway for passage of the health care reform bill.

With patients now starting to reach their therapy caps and uncertainty surrounding the fate of the health care reform legislation, NASL must continue to press Congress to extend the exceptions process. NASL has been lobbying key legislators and staff and has provided them with vignettes describing how patients can meet their cap within 30 days. As a member of NASL, we are coordinating our efforts in order to send a strong and consistent message to Congress.

**NASL Advocacy Center**

The NASL Advocacy Center is primed to facilitate grassroots action by NASL members and their employees on the therapy cap issue. The NASL site is easy to use and requires a minimum amount of effort. A sample letter is posted, and while NASL encourages people to personalize their messages, it is not required. Employees can send e-mail messages to their legislators simply by adding their names and addresses to the letter NASL has prepared. People sending messages through the site will receive a confirmation message from NASL.

It is not necessary for people to know the names and addresses of their legislators in order to send messages. All NASL needs is a person’s Zip Code in order to match them with their legislators, and the advocacy center does the matching automatically.

Let your voice be heard! All Reliant Rehabilitation employees are strongly urged to visit www.capwiz.com/nasl.

**News and Events**

Reliant Rehabilitation is new on Facebook! We would like to invite each of our therapists to join the Reliant Rehabilitation Fan Page. Facebook will allow Reliant Rehabilitation to constantly keep our therapists updated with new information. We would love to hear your feedback.

**DIVISION OF RECRUITERS**

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