

CONTACTS:

Meg Derrer, Marketing Director, (616) 242-0474, meg.derrer@maryfreebed.com.
Christine Hoek, Public Relations, (616) 662-9241, christine@articulate-pr.com

New therapy offers hope for those with neurological disabilities

**MARY FREE BED FIRST IN MIDWEST
TO OFFER BIOFEEDBACK FOR NEUROMUSCULAR RE-EDUCATION**

GRAND RAPIDS, MICH. — Mary Free Bed Rehabilitation Hospital of Grand Rapids, Mich., announced today that it has opened a Biofeedback Laboratory for Neuromuscular Re-education.

Mary Free Bed is the only facility in the Midwest – and one of just seven in the nation – to offer the therapy, which is designed for patients with non-degenerative, non-progressive neurological disabilities such as spinal cord injury and cerebral palsy.

Mary Free Bed’s new laboratory was created in conjunction with Bernard Brucker, Ph.D., ADPP, from the University Of Miami School Of Medicine. Dr. Brucker pioneered the procedure for biofeedback neuromuscular rehabilitation in 1969. Known as the “Brucker Method,” the procedure is based on operant conditioning and is designed to teach individuals to use motor cells in the brain, brain stem, and spinal cord more efficiently.

The laboratory will be led by biofeedback therapists Brittany Moore, MA, OTR, and Megan Potter, DPT, both of whom trained under Dr. Brucker in Miami.

“The Biofeedback Laboratory is an exciting addition to the scope of services we offer at Mary Free Bed,” says John Butzer, M.D. “It offers new hope and freedom to people with certain disabilities. The possibilities are exciting, and our hope is to positively impact the lives of many.”

-- more --

How It Works

The biofeedback program shows the most promise for patients with neurological disabilities caused by spinal cord injury, brain injury, stroke, cerebral palsy, spina bifida, Guillain-Barré syndrome, encephalitis, polio/post-polio, myelitis, and Bell's palsy.

“The most remarkable part about neuromuscular rehabilitation is that it is **not a time-sensitive therapy** – there is no window of opportunity that can be missed,” says therapist Megan Potter. “Actually, for spinal cord patients, a longer period of time between the injury and the use of biofeedback may be beneficial. Biofeedback offers hope to patients who may have stopped seeking alternative solutions or who may feel it's too late to attempt rehabilitation.”

The process of neuromuscular feedback begins with an evaluation that enables therapists to develop a personalized plan of care. The plan is carried out using a special Electromyography (EMG) Biofeedback System that helps identify voluntary muscle control. Through visual and auditory feedback, patients learn how to reproduce, maintain, and control EMG responses to maximize muscle function.

“Ultimately, we help the brain reconnect with parts of the body it is not communicating with,” says therapist Brittany Moore. “The feedback, combined with behavioral conditioning techniques, helps patients to reeducate their muscles.”

More Hope

The Mary Free Bed Rehabilitation Hospital Biofeedback Laboratory for Neuromuscular Rehabilitation is the newest addition to the hospital's continuing commitment to offer patients hope and freedom. Mary Free Bed is committed to utilizing the latest in approved therapies and technologies for their patients. Additionally, Mary Free Bed maintains a life-long commitment to its spinal cord injury patients utilizing a continuum of care providing rehabilitation services including Para Step therapy, the iBOT™ Mobility System, and the Exercise Therapy Program.

MFB/Biofeedback for Neuromuscular Re-Education, Page 3 of 3

To Learn More

The Biofeedback Laboratory for Neuromuscular Rehabilitation is the latest example of Mary Free Bed's commitment to offering patients hope and freedom. The lab is located at 350 Lafayette SE in Mary Free Bed's Outpatient Therapy Center.

To learn more about the service, which is available only through a prescription, please call (616) 242-0392 or (800) 528-8989 or log on to www.maryfreebed.com. For an interview about Mary Free Bed's neuromuscular rehabilitation lab, please contact Meg Derrer, Marketing Director (616) 242-0474, 866-MFB-3934, meg.derrer@maryfreebed.com or Christine Hoek, Public Relations (616) 662-9241, christine@articulate-pr.com).

###

Interviews, Photography, and B-Roll Footage are available.

Mary Free Bed Rehabilitation Hospital is an 80-bed, not-for-profit, acute rehabilitation center. Its mission is to restore independence, hope, and freedom through rehabilitation to people with disabilities. As West Michigan's largest provider of rehabilitation services, its services include: quality patient care for both inpatient and outpatient settings; rehabilitation research; education and training; assistive technology; and advocacy. Programs include: brain injury; spinal cord injury; stroke and orthopedic; pediatric/adolescent, amputee, Lymphedema, Vestibular, motion analysis center, rehab technology center, orthotics and prosthetics services, and driver rehab.