

# The Gardens Court uses the Biodex Balance System SD as part of a cohesive rehabilitation program to help an accident patient walk again

## The Gardens Court



**BIODEX**  
Biodex Medical Systems, Inc.

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Josephina came to Gardens Court for rehab after being non-ambulatory for eight weeks. By utilizing the Biodex Balance System SD and other mobility rehabilitation systems, Josephina is now walking again.

### **The Gardens Court**

The Gardens Court is a 120 bed facility located on the east coast of Florida, part of the Life Care Centers of America. Besides The Gardens Court, Life Care operates more than 200 skilled nursing, assisted living, retirement, home care and Alzheimer's centers in 28 states - from Boston, Massachusetts to Hilo, Hawaii. The Gardens Court has the Biodex Balance SD, as do sister facilities Darcy Hall Nursing and Rehabilitation in West Palm Beach and Lakeside Health Center also in West Palm Beach.

### **Integrating the Biodex Balance System into their rehabilitation programs.**

After meeting Rita Zukerman PTA, Bea Scafidi LPN/ BHS and rehabilitation patient Josephina Ruf at The Gardens Court facility, it was immediately obvious that the Balance System has been successfully integrated into the rehabilitation/wellness programs at this facility. They use the Balance System SD in conjunction with the aquatic training and standard rehabilitation protocols in a cohesive rehab program. Rita notes that "the Balance System helps show the patients their instability... IT PROVES IT TO THEM in black and white, which allows us to begin working with them before they fall."

The patient that was in rehab during my visit was Josephina Ruf, a spunky resident of 65+; she had a severely broken leg caused by an accident with two large dogs and underwent surgery in January 2008. Doctors inserted pins and a plate into Josephina's leg and released her to The Gardens Court for rehabilitation. Josephina was non-ambulatory for over eight weeks prior to beginning rehab; she was depressed and anxious to "get better" To quote Josephina "I can walk again, this machine is amazing, a miracle...it is hard sometimes, but that is good, it makes me work and I can see myself getting better." She wanted me to walk with her to her surgeon's office (across town) to tell him about the Balance System "he should see this – he should put all his patients on it."

### **Gardens Court Palm Beach Gardens, FL**

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Biodex is always advancing our technology to serve you better.

**Balance System™ SD**  
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