

Q-pads—the Innovative Balance Training System

Q-pads are an interactive rehabilitation system providing the user and therapist visual feedback via a pressure sensitive surface and bright multi-colored LED lights. Appropriate for upper and lower limbs, in sitting, standing or quadruped.

- Colorful visual cues
- Responds to touch of hands or feet
- Works on motor and cognitive skills in an entertaining way
- Trains balance, coordination and weight bearing/shifting



Gordon Canfield,
Former Patient

“The Rehabilitation Clinic at St. Francis Manor is committed to quality care and progressive therapy techniques. Non-invasive and medication-free, our evidence-based treatment programs combine the latest research with proven medical technology and patient-centered care. Our passion is to assist all of our patients, regardless of age or fitness level, to reach their goals.”

—Tim Stahl, PTA

 **Rehabilitation Clinic**
at St. Francis Manor

Tim Stahl
Physical Therapist Assistant

Phone: 641-269-5426
Fax: 641-269-5495
tstahl@stfrancismanor.com

2021 4th Avenue
Grinnell, IA 50112

www.stfrancismanor.com
Facebook.com/SeelandPark

LiteGait Therapy

 **Rehabilitation Clinic**
at St. Francis Manor



LiteGait® System

The *LiteGait* system simultaneously controls weight bearing, posture and balance, providing a safe environment to begin gait training earlier in the rehabilitation process

The **LiteGait** creates an ideal environment for treating a wide range of impairments and functional levels by providing proper posture, reducing weight bearing, eliminating concerns for balance and facilitating the training of coordinated lower extremity movement. Its unique harness design not only permits unilateral or bilateral support allowing progression of the weight bearing load from non to full weight bearing, but it also allows the therapist to manually assist a patient's legs and pelvis to achieve proper gait patterns.

The unique design of the **LiteGait** system allows the therapist to move a patient up to 350 lbs. from seated position to proper upright posture for balance, pre-gait and gait activities. The comfortable fall-free environment enables both the patient and the therapist to concentrate on the therapy session much earlier in the rehabilitation process. The **LiteGait** can be used in sitting, kneeling, quadruped (on all 4s) or standing, as well as over ground or in conjunction with a treadmill.

As a result of significant financial support from the greater Poweshiek County area, the Rehabilitation Clinic at St. Francis Manor is pleased to make this specialized equipment, which is typically only available in large city acute rehab hospitals, available to its patients. If you would like to know how the **LiteGait** system may be able to accelerate your road to recovery, please contact Physical Therapist Assistant Tim Stahl at (641) 269-5426 or tstahl@stfrancismanor.com.

During a discussion with their doctor, Nancy and Marv Renaud learned about the new LiteGait system at the Rehabilitation Clinic at St. Francis Manor which simultaneously controls weight bearing, posture, and balance so individuals can safely learn to walk again. "After receiving outpatient physical therapy using the LiteGait system, Marv is now walking much better and has improved his ability to transfer. I am certain that Marv would not be where he is today without the LiteGait system and the knowledge and dedication of Tim and Jon. What he has gained is such a huge benefit for him and makes our life easier at home. I wasn't expecting a miracle when Marv began outpatient therapy, but we've come close to receiving one!"

— Nancy Renaud, Wife of Former Patient



Marv Renaud,
Former Patient
with Tim Stahl,
PTA

Patient Benefits with the Use of LiteGait:

- Supported suspension provides a safe environment
- Comfortably walk in an environment free from falls
- Increase or decrease the weight bearing load on the weaker side of the body
- Learn to walk with proper upright posture
- Achieve controlled reduction of weight bearing
- Use an assistive device while being supported over ground/treadmill
- Begin gait training earlier in the rehabilitation process and at a lower level of function

LiteGait®

Freedom for Therapists, Independence for Patients