

Accessing Exoskeleton Therapy Sessions for People Living with Neurological Conditions

What can exoskeleton therapy do for me?

Exoskeleton based exercise programs can offer intensive sessions which include repeating sit to stands, stepping, lunging and core strength training.

It can be part of a tailored neuro-rehab therapy program and help with maintaining strength and condition. It can include upper limb training. Read below for more details.

Where to access it and how?

At Breaking Boundaries in Newcastle with Pip Cave and her dedicated team, who are accredited therapists in Rex Bionics' exoskeleton technology.

Please call **0429 509 700** or email **admin@breakingboundaries.com.au** if you are interested in this for your physiotherapy needs or if you would like to refer someone.

How much does it cost?

Exoskeleton therapy sessions are capped at NDIS rates to make them as affordable as possible. We will work with a person and their individual health and disability funding supports.

Exciting Possibilities

The exoskeleton augments therapy, enabling the delivery of a session that is otherwise not physically possible for a therapist to safely provide. You or your patient/client will need an initial assessment to determine if the exoskeleton is safe and suitable. Key exoskeleton parameters include accommodating an end-user weight of up to 100kgs. Contraindications include low bone mineral density and contractures. We will work with you to determine if our exoskeleton therapy is appropriate and then set therapy goals with you.

Making exoskeleton therapy accessible and how others can help

The exoskeleton was purchased in 2016 by the Australian Institute of Neuro-rehabilitation (AIN-Rehab), a small volunteer-run charity with a big vision – making exoskeleton therapy accessible for Australians as part of their neuro-rehab. This was possible thanks to a generous grant from Newcastle Permanent Charitable Foundation. In collaboration with the University of Newcastle, research trials were undertaken. The feedback from participants was overwhelmingly positive, people wanted to continue exoskeleton therapy at the conclusion of the trial. Outcomes included improvements in fatigue and in the level of independence. Thanks to the generosity of the nib Foundation, free exoskeleton therapy programs have been provided to people living in the Hunter.

Tax-deductible donations to support making exoskeleton therapy accessible can be made at **www.ain-rehab.org.au**. We believe that funding neuro-rehab is as important as funding research for a cure!

