

## Program to Prepare for ReWalk P6.0 Trial

Most people would benefit from participation in physical therapy or home exercise program prior to a ReWalk trial. The program needs to be customized to maximize individual therapy goals and safety. For an enhanced exoskeleton experience, we recommend focus on these areas:

- ✓ Lower Extremity Range of Motion – Ideally full & unrestricted.

### Minimum Requirements:

- Dorsiflexion to at least neutral with the knee extended
- No more than 10 degree of lack knee extension
- Hip Extension to at least neutral.
- ✓ Shoulder Mobility – Optimize to facilitate the use of forearm crutches during sit to stand transfers in the device.
  - Internal rotation and extension
- ✓ Hemodynamic Standing Tolerance
  - Using braces, standing frame, etc work up to 30-45 min
- ✓ Trunk Control/Balance
  - Sitting and standing (with braces, in standing frame, etc)
- ✓ Transfer competence
  - Aim for comfort in pivoting to an elevated surface from wheelchair.

Topics in NeuroRehabilitation - Episode 10. Matt Fuller, PT, DPT talks about some "prehab" recommendations for clinicians to consider when working with spinal cord injured patients and considering referring for personal exoskeleton use:

<https://rewalk.com/?p=12466&preview=true>

This video demonstrates a training session of advanced user in a device. He transfers into the ReWalk, stands up and walks:

<https://rewalk.com/resource-center/rewalk-exoskeleton-usage-videos/>