Ekso™ is a bionic exoskeleton which facilitates early over ground mobilization for people with lower extremity paralysis or hemiparesis due to neurological disorders such as a stroke or spinal cord injury. This functional-based platform is designed to help your patients re-learn proper gait patterns and weight shifts, and to facilitate high step dosage.

**INTRODUCING VARIABLE ASSIST**

Variable Assist is a new feature which allows you to augment your patients’ strength and provides the ability to strategically target deficient aspects of their gait. This means standing patients up in a stable environment sooner, while helping them achieve optimal gait patterns. Variable Assist works by allowing individuals with any amount of lower extremity strength to contribute their own power -- from either leg -- to achieve walking over ground. Based on therapeutic goals, Gaylord therapists working with Ekso now have the option to assign a specific amount of power contribution to augment your patients’ efforts, or to allow the Ekso suit to dynamically adjust to their needs in real-time.

**Ekso Bionics at Gaylord**

- In use since 2012 on Wallingford campus with SCI and MS patients
- New technology, Variable Assist, acquired in February 2014, expands service to Stroke and other neurological patients
- Gaylord is the only site in Connecticut with Ekso
- Gaylord staff evaluates individual clients for appropriateness
- Gaylord staff receive exclusive training from certified Ekso trainers

Information: 203 284-2835
Referrals: 203 284-2888
FAX: 203 294-8705
**VARIABLE ASSIST**

“Ekso’s variable assist feature allows persons with lower extremity weakness to utilize their available motor strength to initiate and complete each step required during robotic ambulation. Training using the variable assist feature allows persons with various diagnoses to stand and ambulate sooner, and for longer distances, when compared to traditional gait training methods. Variable Assist technology provides a customized intervention for each user.”

Erin Prastine, PT, MSPT, NCS
Gaylord Ekso Champion

The Variable Assist feature means Gaylord can now provide therapy to a wider range of clinical presentations including hemiparesis, and to explore the effects of various interventions by tuning the power contribution to either leg. For example, we can assign a higher power contribution to produce a quality gait, or less power contribution to challenge the patient’s walking efforts.

**Bilateral Max Assist**

Using Bilateral Max Assist, the Ekso suit provides full power to both legs. No strength is required from the patient: only proper balance and weight shifts are required to achieve walking.

**Adaptive Assist**

When working in Adaptive Assist, patients with any amount of lower extremity strength contribute what they can to their walking efforts. Ekso dynamically adjusts to produce a smooth, consistent gait. Feedback is provided to the therapist about the amount of power needed from Ekso for patients to complete each step in a specified amount of time.

**Fixed Assist**

Using Fixed Assist, either leg of the Ekso contributes a fixed amount of power (levels 0-100) to help patients complete steps in a specified amount of time. Values are established using information gained while walking in Adaptive Assist and assigned by the therapist, allowing the clinician to explore the impact of various interventions on rehabilitation goals.

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See Gaylord patients walking using Ekso at www.gaylord.org in the Featured Videos Section on our home page.