

# Home Health Clinician Testimonial

By: Joseph D. Ritchie PTA, LAT, ATC

## Home Health

As a physical therapist with more than 10 years experience working in home health care, I have become very creative in implementing my treatment plans and exercise programs. I have experimented with various household products trying to maximize a patient's treatment program and experience. It's always an interesting conversation when I request to use a patient's cookie sheet as the necessary slick surface integral to performing heel slide exercises. Although these household items are readily accessible, their usage as healthcare products seemed extremely unprofessional.

Finally, I found a product that provides a solution to this problem. The ROM Board gives me the ability to help patients by implementing the necessary treatment techniques, while still maintaining the necessary element of professionalism. Patients are more confident and more willing to participate in their rehab since I began using the ROM Board.

I have been using the ROM Board in my homecare practice for the past two years. I am extremely excited to share my experiences with you regarding the benefits to

my patients and myself while using this device. The ROM Board is beneficial for patients from the initial stages of rehab to the higher-level strengthening exercises necessary to maximize a patient's functional capacity. I am able to encourage patients who are just hours post-op to begin performing AROM and strengthening exercises using this tool. It's within these earliest stages of rehabilitation that I see the most dramatic benefits of using the ROM Board.

The implementation of this device has been the primary element that differentiates my home health agency from other businesses. A quick progression from PROM to AROM to resistance exercises decreases patient frustration and functional deficits while minimizing the patient's fear, pain, and swelling. My patients consistently demonstrate increased joint ROM and LE strength earlier in their rehab process. The positive reinforcement of immediate results helps keep my patients motivated. This results in improved home exercise program (HEP) compliance and progression of their functional mobility and activity tolerance. Patient feedback, subjective reports, and objective outcome measures continue to provide evidence

**" The ROM Board™  
is exceptional! "**



of the ROM Board's impact. This positive impact can be seen within my patients, profession, and most important, business.

Since purchasing the ROM Board, I have been able to incorporate numerous exercises into my treatments that previously could not be performed. Simple heel slides and supine hip abduction exercises can be advanced to supine eccentric quad sets with terminal knee extension (TKE). AROM hip external rotation performed in hook-lying can be combined with resisted hip abduction strengthening. The smooth, firm surface makes ROM exercises easier, while the strategically located band attachment points allow for resistance and strengthening exercises. In addition, I have used the ROM board to perform passive range of motion techniques and transfers with my patients, making it easier and more comfortable for the patient and myself.

The ROM Board is exceptional. There isn't a product on the market that compares with its unique design and functionality. The Board combines a low coefficient of friction surface for exercise performance with a tacky rubberized backing to prevent sliding or slipping. This maximizes safety. The



lightweight design makes transportation of the device simple, while the ROM Board's anti-microbial material meets healthcare standards for sanitation. Versatility, creativity, and durability, evidenced by the 20-year warranty that comes standard on every purchase, makes the ROM Board a must-have for all home health physical therapists. Thank you for developing this wonderful product!



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**“UNTIL I STARTED USING THE ROM BOARD, I FELT HOME PT WAS A WASTE OF TIME; THE ROM BOARD MADE ME MORE COMPLIANT WITH MY HOME EXERCISES!”**

- 55 Year Old Female
- Post - Op Knee Replacement
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