

From the desk of Lynn Erickson, COO - Advanced Therapy Solutions

Welcome to the *ATS Angle*, a publication with helpful resources and stories to support your facility's ongoing success. This month we focus on goals for the New Year and the importance of keeping a healthy mindset throughout 2021.



New Year's Resolutions? Get Moving!

The new year typically brings New Year's resolutions, from healthy eating habits to become more active. However, the COVID-19 pandemic, state health requirements and social distancing have impacted the way we exercise. For healthcare professionals, incorporating a healthy mindset and fitness goals, especially during this continued time of uncertainty, could never be more important.

With many gyms offering online classes and the rise in the availability of fitness apps, there are fewer excuses for not fitting exercise into one's daily schedule. Wearable technology can help track progress toward fitness goals and be engaged throughout one's fitness journey. In fact, no matter your interests or fitness level, there is an app to help make living your best life easier.

With so many apps to choose from, it is important to find the right one that fits your lifestyle and fitness goals. A few fitness apps that are highly rated for seniors (and not quite in the senior category) include:

- **My Fitness Pal** - Tracks calories, breaks down ingredients, logs activities and has seemingly endless capabilities.
- **Map My Walk** - Logs any kind of workout using phone or wearable devices.
- **Yoga Studio** - Library of classes from beginner to advanced.
- **SilverSneakers Go** - Workout programs tailored to any fitness level.
- **Johnson & Johnson Official 7 Minute Workout** - A comprehensive library of exercises and workouts that can be customized.



Whether you are gearing up to start a new exercise regime or provide care to a patient or family member with chronic conditions, consult a physician to discuss how you can exercise safely.

Prehabilitation Before Surgery

For those preparing for surgery or recovering from an injury or illness, research has shown the important role that pre-surgery rehab, or prehabilitation, plays.

Recent research reinforces the benefits to older adults participating in pre-surgery therapy/training for a longer length of time before elective surgery to prevent muscle wasting among older adults undergoing bed rest. Muscle loss may be extremely hard to recover from and can lead to long-term health and disease complications.

Many patients facing major orthopedic surgeries like hip and knee replacements are prime candidates for this specialized form of physical therapy.

Pre-hab is preventative rehabilitation. Following most orthopedic surgeries, patients receive Physical Therapy and Occupational Therapy to help restore strength, balance and range of motion. Pre-hab therapy works on improving movement, flexibility and strength before surgery.

ATS Physical Therapists and Occupational Therapists are integral members of the Interdisciplinary Team to support patients in preparing for surgery and post-surgical recovery.

Contact us to discuss how our team can support your patients stay on the road to recovery.

Resources:

- [Getting into shape pre-surgery to aid recovery for older patients.](#)
- [Pre-hab: Fitness before Surgery](#)
- [Prehabilitation and quality of life three months after total knee arthroplasty: a pilot study](#)



Leadership Recommendations

- Encourage patients to begin pre-hab at least six weeks before surgery.
- Ensure the care plan incorporates skilled PT and strength training. recommendations in conjunction with other therapeutic modalities to support a quicker recovery post-surgery.
- Access fitness apps to help track progress and keep motivated to achieve fitness goals.
- Don't give up on your healthy New Year's resolutions! Set realistic goals and track your progress to keep motivated.

Legislative Update: Physician Fee Schedule Rule

In late December, the Centers for Medicare and Medicaid Services (CMS) updated the [Physician Fee Schedule Rule](#). The estimated cut of **9%** from Medicare payments beginning **January 1, 2021**, for therapy services was reduced to an estimated **3.6%** cut.



However, the cuts may be whittled down even further thanks to a recently announced change in Medicare payments. This is said to be caused by an adjustment in the conversion factor, which is the multiplier applied to relative value units to determine Medicare Part B payment amounts.

Last week, the National Association of Rehabilitation Providers and Agencies (NARA) held a webinar session to provide an overview of the 2021 Medicare Physician Fee Schedule Final Rule.

- [View the NARA webinar >>](#)
- [Download the webinar handouts >>](#)

Would you like more information or have questions? [Contact us](#).

ATS UPDATES

2021: Rolling Up Our Sleeves!

As providers throughout Illinois and Indiana continue to vaccinate healthcare provider staff, SNF, AL/IL patients and those in high-risk groups, ATS employees have been “rolling up their sleeves” to help suppress the spread of COVID-19.

Below are links to keep updated on the latest information regarding vaccine distribution status:

- [Illinois Department of Public Health \(IDPH\)](#)
- [Indiana State Department of Health](#)

Our team remains focused on providing Physical Therapy, Occupational Therapy and Speech and Language Pathology to support our patients' functional goals and regain as much independence as possible. [Learn more about our services](#).

[Contact us](#) to discuss how we can support your patients' functional goals.

Resources from CDC:

- [COVID-19 Vaccine FAQs for Healthcare Professionals](#)
- [Training & Education Materials for Healthcare Professionals and Pharmacists](#)
- [Frequently Asked Questions about COVID-19 Vaccination in Long-Term Care Facilities](#)
- [Talking to Recipients about COVID-19 Vaccines](#)

Reflections from the ATS Team

“The pandemic really showed the relentless effort of the entire team to deliver the best quality care for our patients regardless of the situation.”

“Teamwork between the therapy and the nursing staff supports our strong connection.”

“The delivery of quality patient care is the highest priority.”



Services Spotlight: Assisted & Independent Living Services

Did you know that ATS partners with Assisted and Independent Living Facilities to provide our therapy services to residents? We do this by sending our therapy staff into the facility and running our therapy services directly in the building. [Learn more>](#)

Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.

[Learn more about our services](#) | info@ats-therapy.com

[Advanced Therapy Solutions](#) | 1551 Bond Street, Naperville, IL 60563