

Treatment for Stretching Scar Tissue as Described in:



The T.E.R.T. Formula

T.E.R.T. = Total End Range Time

The formula is based on

Intensity x **Duration** x **Frequency**

Intensity

The maximum a patient can tolerate based on their pain threshold

Duration

The optimum total duration of stretching is 60 minutes per day

Frequency

Stretching should be done daily

The T.E.R.T. stretching regimen is typically carried out with some of the stretching done in P.T. Clinic sessions and some at the patient's home.

Our Philosophy is Different.

At ERMI we focus on patients with severe motion loss. We provide patients with home therapy devices that:

- Mimic in-clinic therapy
- Are easy and convenient to use
- Provide rapid motion increases

ERMI's in-home mechanical therapy devices put patients in control of motion recovery so you can focus on strengthening, muscle coordination and other modalities.

"Having the ERMI machine at my house while I was attending school allowed me to use it whenever it was convenient. It served as my therapist when I was away from physical therapy."

*Sarah Jane Whitlock
ERMI Patient*

ERMI In-Home Therapy Devices

- The ERMI Knee/Ankle Flexionater[®]
- The ERMI Knee Extensionater II[®]
- The ERMI Elbow Extensionater[®]
- The ERMI Shoulder Flexionater[®]
- The ERMI MPJ Extensionater[®]

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