

Mechanical therapy devices are not created equal

A new study recently published in March, 2010 compared the amount of force applied by physical therapists to the force applied by mechanical therapy devices and common home exercises. The investigators reported that home mechanical therapy devices can be categorized as being either high- or low-intensity devices. They found that only the ERMI device was able to apply forces to the joint that mimic those of a Physical Therapist, whereas low-intensity dynamic splints and static progressive stretch devices applied forces that were similar to common home exercises. The authors further stated that by recreating the forces applied by a physical therapist in the patient's home with an ERMI high-intensity device, patients are able to achieve lasting gains of range of motion with less time necessary for treatment, both in term of the amount of time per day and the number of weeks of treatment, than with low-intensity devices.