

# East Tennessee Medical News

YOUR PRIMARY SOURCE FOR PROFESSIONAL HEALTHCARE NEWS

## Beyond Physical Therapy Utilizes Unique European Device

Positive outcomes are easily realized by patients of Beyond Physical Therapy clinic in Knoxville with the use of a European device called the Universal Cage of Physical Improvement (UCPI). Physical therapists Tomasz Grass and Andrew Cieslik are trained on the UCPI, and their patients agree that the unique device produces remarkable results.

The UCPI, fondly referred to as "The Cage of Wonders" by patients, is a six-by-six foot, three-sided metal grid that surrounds the patient. Positioning a system of pulleys and slings at different angles and distances around the cage, therapists can effectively target muscle groups of the patient's body that need work. Patients lie in a supine position and report this therapeutic to be a pleasant experience.

"It feels heavenly!" said Andrea Johnston of east Knoxville after her first "Cage" treatment for neuropathy.

The UCPI device is well known for its universal therapeutic benefits in Europe and has been utilized there for decades. Both Grass and Cieslik were trained on the UCPI in Poland, which is the native country of both professionals.

Grass, one of the co-founders of Be-



Left to right: Mariola Cieslik, Andrew Cieslik, P.T., Shelia Fowler, Jean-Marie Donahoo, Tomasz Grass, P.T., Sylwia Grass, Johnny Serena, P.T.A.

yond Physical Therapy, introduced UCPI to the U.S. rehab market in 2003 and has used this device exclusively in his physical therapy center since that time. The UCPI, now approved by the U.S. Food and Drug Administration, is becoming quite popular in some of the bigger U.S. cities. Grass has been importing the equipment from Poland and selling them to other therapy centers across America.

As the name implies, UCPI is a

physical therapy tool capable of treating a myriad of ailments. Patients with neck and back difficulties, cerebral palsy, orthopedic joint replacements, arthritic issues, neuropathy, and victims of stroke can all achieve rehab results with their UCPI treatment. This is primarily due to the unique pulley system the UCPI features, allowing therapists to easily alter resistance to target patients' problem areas.

One of the primary reasons this treat-

ment modality is so welcomed by the patients is UCPI eliminates the force of gravity much like hydrotherapy would do. Patients can thus work to gain strength, flexibility and circulation while also preventing contracture and demineralization without pain and the inconvenience of aqua-therapy.

Another benefit of UCPI is the ability for patients to perform self-assisted exercises versus therapist-assisted exercise. The patient, being the best judge of his or her tolerance levels, can perform stretching to improve ROM (range of motion), prepare for more aggressive therapist-assisted stretching, and also engage in preparatory work for other therapeutic exercises.

Patients of Beyond Physical Therapy are happily surprised at how user-friendly and painless the UCPI is to work.

"Although the cage and ropes look unusual at first, I quickly found it was the most effective therapy practice I have ever seen," said Tim Rumsey, a patient at the clinic.

Lt. Col. John Daniel, a previous patient of Beyond Physical Therapy described his treatment: "The 'Cage' method has vastly improved my condition."

*Continued on page*

### Beyond Physical Therapy, *continued from page 6*

I had serious knee problems as a result of wounds I received during the Vietnam War. This therapy has greatly strengthened my muscles and tendons. It is unfortunate that insurance limitations restrict me from the continuation of this system.

Therapists Grass and Cieslik cite UCPI as the perfect therapeutic device for placing patients in traction. Again, due to the flexible nature of "The Cage," traction can be applied intermittently or

constantly to treat such ailments as spinal nerve root impingement, degenerative joint changes or pain, muscle spasms, disc pain, and post-compression fracture. Patients can also utilize the stabilizing function of the UCPI for balance training.

More information is available about the UCPI or for referring patients to the clinic at [www.beyondphysicaltherapy.com](http://www.beyondphysicaltherapy.com).