



**PRESS RELEASE**

**MAY IS NATIONAL ARTHRITIS AWARENESS MONTH!**

**Introducing the New Guardian Rehabilitator System that Helps Knee Osteoarthritis Sufferers Reduce Pain and Strengthen Leg Muscles, Delaying OA Progression**

***Guardian Systems Also Accelerate Recovery from Total Knee Replacement Surgery***

***Over 27 million Americans suffer from osteoarthritis; expected to increase to 55 million by 2030***

**New York, NY (May 1, 2019)** – Knee osteoarthritis sufferers now have access to the Guardian Rehabilitator, a new, clinically proven and non-invasive device that significantly reduces pain, corrects gait and strengthens the quadriceps and hamstrings, effectively delaying OA progression and total knee replacement. Should surgery become necessary, it accelerates recovery, improving patient results. It is currently available and reimbursed by major insurance companies and Medicare.

Patients literally walk their way to a stronger leg. By wearing the Guardian 90 minutes a day, over a period of 30-90 days, studies published in the *Journal of Arthroplasty* show that there is a notable decrease in pain and inflammation as well as improvement in gait. Improving gait means that people walk straighter and limp less, which reduces potential damage to hips, back, feet and knees. The studies reveal that Hamstrings strengthen by 27.7% and Quadriceps by 54.1% - which takes work away from the knee.

The Guardian Rehabilitator makes it easier to return to daily activities including walking, going up and down stairs, standing from a seated position and getting in or out of a car while wearing the device, and after 30-90 days, without wearing the Rehabilitator. Video testimonials show a ballet dancer once again able to do a plié, golfers back on the green and basketball players enjoying their favorite sport.

Developed on a foundation of 20 years of brace manufacture, Richard Nace, President of Guardian Rehabilitator Systems and Ongoing Care Solutions (OSCI) said, "I could see the growing need for non-invasive systems to not just support but improve osteoarthritis; gain stronger, more long lasting results from Total Knee Replacements; and reduce pain. The Guardian Systems achieve these results with a patented extension assist and pneumatic air components that no other wearable rehab technology offers."

Guardian Rehabilitator offers three innovative new products:

- Guardian Rehabilitator™ delays the progression of knee Osteoarthritis more effectively than exercise alone while reversing unbraced impact on the knee joint
- The Sport Rehabilitator™ strengthens a weakened leg prior to Total Knee Replacement surgery, accelerating and improving recovery by up to 50%. It is particularly important because temporary relief with cortisone injections often cannot be provided 90 days before surgery

- The Sport EXT Rehabilitator™ is used when some post-surgical patients have difficulty extending their leg. It improves their recovery by lengthening shortened tissue and strengthening the quadriceps muscles as the patient walks.

Sufferers of bone-on-bone arthritis in the knee are enthusiastic about their experience with the Guardian Rehabilitator™ :

- “Doctors told me that I would never play basketball again. Now I play regularly since I have support and I am pain free. It is by far the best sport brace I have ever had. TRY IT!” Mark Pierce, Salt Lake City, Utah. He skies in the brace too. See him playing basketball and lifting weights at: <https://www.youtube.com/watch?v=AnUFtcKB8uw>
- “When I take it off, I feel like I am still wearing it – I’m already walking and feeling better after only 1 month.” Dr. C., an orthopedic surgeon in New Jersey

Guardian braces are available in New York, New Jersey and Connecticut with physician prescription via Bio Dynamic Technologies. For further information see [www.Biodynamictech.com/Guardian](http://www.Biodynamictech.com/Guardian)