



MANAGING  
**CHRONIC**  
**CONDITIONS**



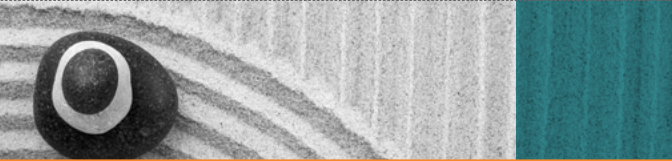
**CHRONIC CONDITIONS**—such as heart failure, COPD, cancer, diabetes and arthritis—are among the most common, costly, and manageable of all health problems. That's why Consonus therapists are proactively involved in helping the patient take charge and control thier disease process.

# THE FACTS



**THE PRESENCE** of a chronic condition can complicate the success and duration of a patient's normal post-acute recovery and return to independence, as well as increase their risk for rehospitalization. **80%** of all adults over the age of **50** have at least one chronic condition with over **50%** having more than one. It is even estimated that four out of every five Medicare beneficiaries have more than five chronic conditions. In fact, **86%** of all health care spending in 2010 was for people with one or more chronic medical conditions.





## THE SOLUTION



**CONSONUS THERAPISTS** are taught to assess cardiopulmonary response and aerobic capacity through standardized testing and the **ANALYSIS** of appropriate vital sign measures, as well as the use of nationally-recommended guidelines to **HELP IDENTIFY** safe and optimal levels of exercise and activity. Consonus therapists are also instructed in how to compliment a facility's interdisciplinary care-approach for these complex patients, including specific **DISEASE MANAGEMENT TRAINING** to both patients and their caregivers.

**Incredible change**

happens in  
your life when  
you decide to

**take control of  
what you do  
have power**

**over** instead of  
craving control  
over what  
you dont

—*Steve Maraboli*