



OUR MISSION TO INNOVATE

ROBOTIC EXOSKELETON ADVANCES HEALTHY AGING

The Army Distaff Foundation (ADF) is the first life plan community in the nation to deploy the EksoGT™, a robotic exoskeleton device used for physical therapy. The more than 25 men and women who have volunteered to use this cutting-edge technology are pioneers forging a path toward strength for themselves and new possibilities for others.

In February 2018, ADF made a bold commitment to explore the power of this high-tech physical therapy device. Guided by our status as a 501(c)(3) non-profit and our military spirit, we looked beyond its use with combat soldiers and spinal cord injury victims to innovate new applications for older people with compromised mobility. The EksoGT™ is helping people confront personal challenges and achieve a range of goals to improve their lives.

**“THE ARMY DISTAFF FOUNDATION
PIONEERS NEW METHODS THAT
IMPROVE CARE OUTCOMES.”**

- Colonel Paul Bricker, USA (Ret.),
Chief Operating Officer, Army Distaff Foundation

EksoGT™ FEATURES



- Supported by clinical research on improved balance, gait speed and walking distance
- First exoskeleton FDA approved for use with stroke and spinal cord injuries
- Designed to promote independent ambulation outside the device



NORMALIZED GAIT PATTERNS, GREATER
MUSCLE STRENGTH AND BETTER BALANCE



IMPROVED MOBILITY AND
LOWER FALL RISK



LESS ISOLATION, REDUCED STRESS AND
REGAINED SENSE OF PURPOSE AND VALUE

People living in our life plan community embraced this innovative technology without hesitation. They proudly participated in the pilot program, knowing that ADF’s data and outcomes will have a positive impact well beyond our community.

MEET SYBIL MARKS

The EksoGT™ has had a tremendous impact on the health and well-being of Sybil Marks. A history of stroke affected the entire right side of her body. After just 11 months of EksoGT™ therapy, she has experienced:

- Regained independence leading to improved quality of life
- Return of sensation to a leg that had lost feeling
- Increased lower body strength that helped her stand unsupported and walk 500 feet with minimal assistance

**“THERE’S SOME PURPOSE IN WHAT I’M DOING. ALL OF US WANT
TO HAVE PURPOSE IN OUR LIVES.”** - SYBIL MARKS, AGE 97



MEET TANYA SORIANO

The effects of transverse myelopathy, a condition that prevents nerves from efficiently stimulating muscles, left Tanya Soriano at an increased risk of falling, struggling with mobility and beginning to lose her independence.

After just 6 months of EksoGT™ therapy, she has experienced:

- Better gait quality
- Increased functional strength
- Enhanced emotional well-being

**“YOU ARE AFRAID TO DO IT IN THE BEGINNING, BUT...THE MORE YOU OVERCOME, THE MORE COURAGE
YOU GET TO DO SOMETHING THAT YOU’VE NEVER DONE BEFORE.”** - TANYA SORIANO, AGE 83



At ADF, we are applying our bold military spirit to bring innovative technology like the EksoGT™ therapy to people age 50+ who served our nation—in our community and beyond. We’re working to open our doors to even more men and women who may not have access to cutting edge therapies without ADF. And we are sharing our best practices and success stories to inspire other communities and help expand the use of this life-changing technology.

JOIN OUR MISSION TO INNOVATE HEALTHY AGING

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