

# Hope and Solutions: *The IBCR Foundation*



## The In Bed and Chair Recovery Foundation

April, 2017

THE ULTIMATE WORKOUT AND RECOVERY EXERCISE SYSTEM  
DONATION PROGRAM

***The In Bed and Chair Recovery Foundation's goal is to provide  
10,000 kids and veterans our system however we can this year!  
Help us help the millions disabled become ENABLED!***

Suggested Donation: \$5.00  
All proceeds go to the IBCR Foundation  
(a 501 (c) 3 tax deductible charity )

## Table of Contents

The In Bed and Chair Recovery Foundation .....	2
The Benefits of Working Together.....	5
The All in One Home Gym Every Mom Needs .....	6
Amy Henderson Testimonial .....	11
Advantages of Cutting Edge Technology .....	13
Disability Statistics.....	14
Endorsements .....	17



System can support 1000 pounds of pull down weight and users up to 1000 pounds as well. Children above the age of 12 may use the system with adult supervision only. Recommended that a therapist or trainer help install system correctly and securely before use. We recommend customers hire therapist or trainer for specific rehab and exercise programs and needs under their guidance. Physician *must be consulted* before use of this system. User assumes all risk.

## The In Bed and Chair Recovery Foundation

IBCR is the charitable arm of Ultimate Workout and Recovery,. The revolutionary system provides an outstanding workout for individuals – adults or children – in wheelchairs, beds or otherwise immobilized. The system provides a low impact total body exercise and is especially designed for those with low mobility. Based on established Movement Therapy principles and equipped with resistance bands of various strengths, the Ultimate Workout and Recovery Gym is an outstanding addition to therapy, workout at



home routines and other uses. These units have received endorsements from prominent physicians, celebrities, athletes, and individuals, all extolling its benefits.

The UWAR Gym was developed by designers, fitness experts, trainers and doctors to create a cutting edge system

In Bed and Chair Recovery; the parent organization of the Foundation was founded in 2013 by: JT Salamon, CEO, and fitness expert, Dr. Samuel Salamon, MD. FACS, FRCSC., CFO, Vladimir Feldman, Design Engineer, President. Their goal was to design a system that was easy to assemble, mobile and provide a low impact workout for all fitness levels – from those in bed or a wheelchair to injured athletes, and persons desiring to avoid gyms.

As the system was introduced at multiple events nationwide to users, care givers and therapists, it became readily apparent that

while many individuals and organizations, could afford a gym, there were many other at-need individuals unable to afford even the base unit or its travel version. In 2015, Ultimate Workout and Recovery, created the In Bed and Chair Recovery Foundation with the purpose of raising funds, and donor partners to provide the Ultimate Workout and Recovery Gym to applicants demonstrating need. By using a simple application form, the IBCR board of Directors would seek to match a donor with an applicant and provide a unit at no cost to the recipient. The only stipulation is that the recipient keep track of his or her progress and let the foundation know on a quarterly basis.

The In Bed and Chair Recovery Foundation is dedicated to providing UWAR products to at-risk, low income individuals and organization serving them, including:

- Veterans, wounded warriors
- Wheelchair users
- Childhood obesity
- Bariatric patients
- Children with disabilities
- Rehab patients
- Seniors
- Caregivers
- Spinal cord injured
- and more

**Our Target Population:**

- Veterans
- Hospital Rooms and Rehab Centers
- Seniors
- Exercise & Weight Loss
- Wheelchair Users & Spinal Cord Injured
- Bed Bound
- Athletes
- Teens & Children

## The Benefits of Working Together

Combining the cutting edge technology of the In Bed and Chair Recovery (IBCR) Foundation with your reputation and integrity, we can reach thousands who will benefit from our joint philanthropic efforts.

We invite you to join our efforts to make total body fitness available to anyone 'with mobility issues in bed, a wheelchair or recliner, regardless of their ability to pay.

We invite caregivers, users – veterans, wounded warriors, and even children aged 7 and up – to show us your need and apply today for an Ultimate Workout and Recovery Gym.

Please consider making a tax deductible donation to the IBCR Foundation today!

***Please note that since INSURANCE does not cover this gym, the purpose of the foundation is to bypass that problem by connecting applicants with sponsor/donors. It may take as little as 2 to 6 months (or more) to receive a donated unit once an application is accepted. If a unit is purchased 8-10 weeks for either version a regular or latex free version to be delivered.***

Thank you!

## The All in One Home Gym Every Mom Needs

Article and Photos reposted from [Jacksonville Moms Blog](#).

Constantly being around rambunctious and energetic children remind us that no matter how healthy people are, they can still get hurt or develop an illness. At any time as a mom, we can find ourselves injured and limited from activity and required to stay home, too. Or we might find ourselves too busy or without childcare to make it to the gym. Therefore, having a convenient, safe, and effective way to exercise in your home can be greatly beneficial for you and those around you, no matter your age, physical condition, or fitness level. And exercising on cutting-edge gym equipment from home is even better!



If you're recovering from an injury or have a disability, it's even more imperative you have a safe way to undergo physical therapy and work out to regain physical and mental strength. However, it can be challenging or inconvenient to hit the gym or exercise standing upright.

Fortunately, Ultimate Workout and Recovery (UWAR) created a solution. Their Deluxe Rehab and Exercise System of Convenience Gym is a product you can use while standing or sitting in your recliner or wheelchair and also can be used while lying in bed.

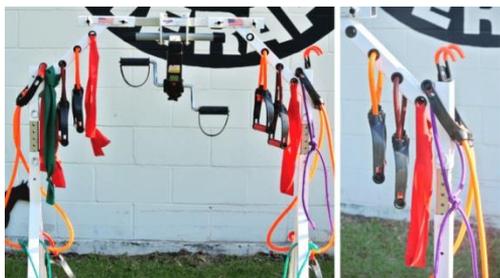


*The aim for the Ultimate Workout and Recovery system is to provide a way for anyone of all ages and medical conditions to remain active, particularly if they use a wheelchair or immobilized due to*

*a disability or an injury.*

The system was designed to create something exciting and convenient for all workout and therapy needs, expediting recovery for your physical and mental strength. I was intrigued and fascinated while researching the machine, particularly because it can be used from home by kids, adults, and seniors!

I was enthusiastic to have the opportunity to get a closer look at the Deluxe Rehab and Exercise System of Convenience Gym by visiting the equipment that's currently located at Hope Therapy, a provider of hippotherapy to children and adults with disabilities that is led by Marianne and Rebecca (Becky) Davenport. After seeing the product in action and learning how patients at Hope Therapy benefit from it, I was even more impressed by the array of exercises and benefits this one-stop gym provides and also impressed by Hope Therapy and their work!



*At the time I visited, the machine had six different types of bands, but more bands can be added. The bands are available in latex and latex-free material for patients who may have a latex allergy.*

*Rebecca, an occupational therapist at Hope Therapy, demonstrated how she uses the machine with her patients combined with hippotherapy. They received the Deluxe Rehab and Exercise System of Convenience Gym on their property in November 2016.*

The machine helps with building strength for any fitness level and is a good way to do cardio exercises. Rebecca explained that she utilizes the machine with a mechanical horse or while the patient is



seated. The patient can use it as a warm up before or after riding a horse, depending on the patient's program.



*The bands are able to stretch in various ways, offering multiple resistance levels. You can also adjust the resistance in the top part of the machine where the patient rotates the pedals with his arms.*

The height of the machine is easily adjustable on the sides to fit properly with each individual's height while sitting. The machine is also effective in improving balance in patients. Traditional therapy combined with riding horses helps improve the patient's balance and muscle coordination, so the combination of hippotherapy and the machine works well together to reinforce these abilities.



*Rebecca plays music for her patients while they're working out on the machine, creating a fun activity instead of the patients seeing it as work.*

It's not just children with disabilities who are patients at Hope Therapy. They also have a veteran program that is growing for those with physical, emotional, or PTSD-related needs. The Complete Exercise and Rehab Convenience Gym are a group UWAR desires to help, so it's great that local veterans can benefit from this product on location at Hope Therapy.



*Rebecca and her mother, Marianne, a pediatric nurse practitioner, both have extensive experience*

*with horses. They also share the same desire of helping others, which led them to the start of a hippotherapy program on their 12-acre farm in 2001. Many of the patients at Hope Therapy have cerebral palsy, down syndrome, or autism, which is why sensor motor capabilities can be improved by interacting with the horses.*

Hope Therapy is the only Premier Accredited Center in Northeast Florida. If you're interested in volunteering, donating, or learning more about the program, visit their [website](#) or check them out on [Facebook](#).

Additional attractive features that caught my attention that I believe other moms will appreciate about this convenient product is the easy setup and minimum space it uses. Plus, it's safer than most gym equipment, a priority if you're going to have fitness equipment around kids or elderly people. Also, when it comes to illnesses or limited mobility, it can cause depression and a lack of motivation to work out. Since this product is easily accessible from the privacy of a home or clinic, it's more fun and inspiring to use, encouraging all ages and people of varying health conditions to be enthusiastic about exercising.

In Bed and Chair Recovery Foundation UWAR's dedication to helping others paved the way for them to create the In Bed and Chair Recovery Foundation (IBCR) to provide individuals and

organizations who are at risk, have low income, and who serve wounded warriors, veterans, wheelchair users, rehab patients, bariatric patients, cancer patients, and more. To find out how you can assist them in their mission to help others through a strategic partnership, read more details about the IBCR Foundation.

I've come to realize as I get older that maintaining my health is a priority. Preventative measures are key. I've also realized that by watching my kids participate in athletic activities, that it takes time and money to resolve medical conditions. Health problems often lead to financial strain. An all-in-one home gym can relieve that with the value of return of the investment it offers, especially compared to a gym membership or buying separate exercise equipment. And if you really want to receive your money's worth from this product, you can get creative and even use it as a clothes rack or luggage carrier since it has wheels!

We all know someone who plays sports, has suffered an injury, was placed on bed rest, or is battling cancer or depression. In what ways could this product benefit you or someone you know?



*UWAR is also seeking moms as sales representatives to help bring awareness about this product to fellow moms.*

Contact [info@workoutandrecovery.com](mailto:info@workoutandrecovery.com) for more information.

## Amy Henderson Testimonial

In 2003 I gave birth to a miracle child. Chance Allan came into the world in respiratory distress and spent the next 30 days in the NICU fighting for his life. I was told he most likely wouldn't live and to prepare myself.



But Chance beat the odds.

In October 2003 I finally brought my little bundle of joy home. And was immediately scared to death

realizing I didn't know how to care for him.

Chance is completely hormone deficient. He takes replacement hormones for his pituitary hormones. Some in pill form, others are daily injections. He has several different neurological impairments, including Agenesis of the Corpus Callosum, Bilateral Periventricular Nodular Heterotopia, a cyst in the posterior fossa region that compressed his cerebellum. It was shunted in 2006 due to an increase in size. His optic nerves are smaller than normal leading to Optic Nerve Hypoplasia. He was blind until he was 6 months old; however his vision has improved over time. He has cerebral palsy on his right side, sickle cell trait, thirteen ribs.....well you get the point.

He's an amazing, miracle child who should have never lived but did.

He is my inspiration for everything I do in life and now my mission is to spread the word of Ultimate Workout and Recovery because of the hope it has given us for him.

In 2011 Chance was diagnosed with ROHHAD, Rapid Onset Obesity with hypothalamic dysregulation, hypoventilation and autonomic dysregulation. It is very rare with only approximately 100 cases

worldwide. Affecting the autonomic nervous system there is no cure and we needed more research for better treatment options and to find a cure. When he was 2 ½ years old, Chance began gaining weight and despite dietary efforts and therapy and other treatments, he continued gaining.

Today Chance is 12 years old, he is immobile so exercise, while not impossible, is limited. He weighs 228 lbs and is 5'6" tall with a BMI of 36.8. I began researching, asking questions of doctors, nutritionists and essentially anyone who would listen, to get my son help. I even consulted with other parents in the same situation and the consensus was that there was no help available.

Most of these children have limited mobility so a typical exercise regime is out of the question. However, movement is necessary to get the metabolism going so it becomes a vicious cycle. My cousin, herself in a wheelchair with limited mobility however, just happened to get exercise equipment one day. And suddenly a light bulb went off! It was helping her, so why not Chance?

My mission of acquiring my son this piece of exercise equipment was finally, after several attempts, rewarded. I was received a grant and Variety Children's Foundation purchased the **Ultimate Workout and Recovery Gym** for Chance.

I cried the day it was delivered and we set it up. There was now hope for my son to gain movement in his daily life. There was hope for muscle strength, weight loss or at least maintenance. Hope for improved breathing ability.

We had hope.

After this, all I could think about was getting the word out to other parents so I started posting everywhere I could think of, telling them to check it out, to talk to their PT's and doctors about it, to find funding to get it for them! Our kids could move again and help their bodies fight this battle that ROHHAD has given them. Will it

cure them? No, but it will prolong their lives; it will give them better quality of life while they are with us.

*We have this hope as an anchor for our souls.* (Hebrews 6:19) This passage is the foundation on which we build our lives as special needs parents.

Hope.....it's all we have in our lives. And this piece of equipment gives us one more ounce of hope. I will shout from the mountain tops about **Ultimate Workout and Recovery** to help one more person gain that ounce of hope.



## Advantages of Cutting Edge Technology

- ❖ **AVOID FALL RISKS FOR PATIENT OR CLIENTS.**
- ❖ **MINIMIZE AND ELIMINATE BACK INJURY TO NURSE'S AIDES.**
- ❖ **SAVE TRANSPORT TIME FROM PATIENT ROOM TO THERAPY UNIT.**
- ❖ **TRANSPORTABLE FROM ONE PATIENT BED TO ANOTHER.**
- ❖ **ZERO IMPACT ON JOINTS!**
- ❖ **STRENGTH, RANGE OF MOTION, CARDIO CONDITIONING.**
- ❖ **WORK OUT UPPER BODY OR LOWER BODY OR BOTH.**
- ❖ **GET INTO AND OUT OF BED SAFELY.**
- ❖ **PTs & OTs, STAND OUT FROM COMPETITORS!**
- ❖ **CLINICS, REHAB CENTERS, SAVE MONEY.**



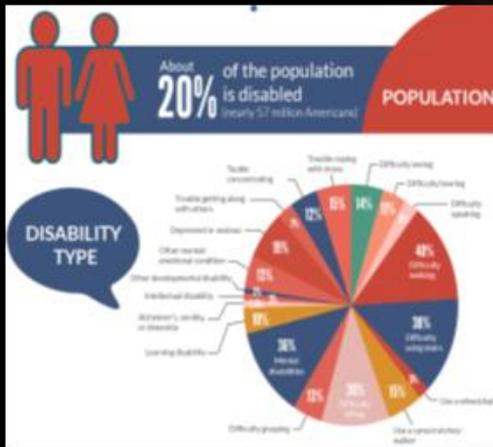
## Disability Statistics

- 13% of all children and youth the US are with special needs
- 35% of all children and youth receiving special education services had specific learning disabilities,
- 12% have health impairments (including limited strength, vitality, or alertness due to chronic or acute health problems such as a heart condition, tuberculosis, rheumatic fever, nephritis, asthma, sickle cell anemia, hemophilia, epilepsy, lead poisoning, leukemia, or diabetes).
- 6-8% deals with autism, intellectual disabilities, developmental delays, or emotional disturbances.
- 2% have multiple disabilities, hearing impairments, orthopedic impairments, visual impairments, traumatic brain injuries, or deaf-blindness.
- 250,000 Americans are spinal cord injured.
- 52% of spinal cord injured individuals are considered paraplegic and 47% quadriplegic.
- Approximately 11,000 new injuries occur each year.
- 56% of injuries occur between the ages of 16 and 30.
- The average age of spinal cord injured person is 31.
- 89% of all SCI individuals are discharged from hospitals to a private home, 4.3% are discharged to nursing homes.
- Only 52% of SCI individuals are covered by private health insurance at time of injury.
- 3.8 million is the number of veterans with a service-connected disability rating in 2014. Of this number, 1.1 million had a rating of 70 percent or higher. A “service-connected” disability is one that was a result of a disease or injury incurred or aggravated during active military service.

Ongoing treatment is expensive.

Providing a system by the IBCR Foundation helps maintain fitness at no additional cost.

Disability Facts For the US from GlobalDisabilityRightsNow.Org:



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 22 | Page  
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## Endorsements

The Ultimate Workout and Recovery Gym has received rave reviews and endorsements from a wide number of people -

Dr. Michael Roizen – physician, author and Wellness Chief at the internationally renowned Cleveland Clinic Foundation.

Roy Foreman, celebrity endorser, boxing promoter and Advisory Board Chief of IBCR Foundation

Pierre Woods, former NFL Linebacker for the New England Patriots

Boyd Melson

AJ Bray, Miss Wheelchai East

Testimonials:

Brilliant! This device broadens and expands the horizon for the elderly while in bed. *Occupational Therapist from Cleveland, OH*  
Aliza F

Amazing program! I feel like a new man. Lots of major exciting benefits from someone my age at my stage!  
*76 year old active senior, CEO Gerald J*

Incomparable craftsmanship and stylish yet uncompromising quality. *Quality Control Metals Specialist from Euclid, Ohio*  
David P.



IN BED AND CHAIR RECOVERY FOUNDATION  
23953 Timberlane Drive  
Beachwood OH, 44122  
Or email to [info@workoutandrecovery.com](mailto:info@workoutandrecovery.com)

**[www.workoutandrecovery.com](http://www.workoutandrecovery.com)**