Designed by Clinicians for Clinicians

“If you’ve been using this course all week, you’ll want to try it out! I have been using it all week!! Your course was truly a game changer for me!!”

-Carla, SLP
What is the Guardian Way®?

The Guardian Way® protocol utilizes the fundamental electrophysiological principles of NMES which have been used successfully in neurorehabilitation for over 30 years. We apply these principles to the treatment of dysphagia for patients of all ages.

Developed by expert speech-language pathologists, The Guardian Way® is a fundamentally different approach for the treatment of dysphagia. The Guardian Way® uses neuromuscular electrical stimulation (NMES) and surface electromyography (sEMG) to promote improved strength, timing and reeducation of swallowing and facial musculature. Electrodes can also be placed on the face to treat oral dysphagia and facial paralysis.

The Guardian Way® is a non-invasive, painless treatment administered by a certified speech-language pathologist (SLP) or medical professional that utilizes a small portable stimulator which generates customizable electrical pulses. These pulses flow through a wire (lead) to a pair of small pads (electrodes) placed in the space right under the chin known as the submental region. The electrical current passes through the electrodes into the body and stimulates the motor nerves that result in muscle contraction.

The Guardian Way® treatment sessions last only 30 minutes and can:

- Reeducate muscles
- Prevent muscle disuse atrophy
- Strengthen weak swallowing muscles
- Reduce the occurrence of aspiration
- Increase the speed of swallowing

The Guardian Way® therapy also provides clinicians and patients with biofeedback through the use of sEMG signals in a real-time visual display. Feedback can be displayed as a graph or animation of the muscular effort exerted by the patient. This external feedback helps the patient gain greater awareness of the effort exerted and gives them a tangible goal to work toward thus improving their performance and effecting a physiological change. Animations through gaming technology provide an enjoyable, engaging format during the rehabilitation process. Different games have been designed specifically to address three different types of muscle function: strength, endurance and coordination.

“Just writing to give an informal report on how The Guardian Way NMES dysphagia tool is working. I’m still amazed how long these electrodes are lasting and how well the patients are responding... One resident reports a smoother swallow since switching to The Guardian Way. I find myself having to perform LESS tasks for stimulating and eliciting a swallow, because it occurs more naturally for the patient. The headband keeps the electrodes in place and is easier than wrapping the patient with bandages. Overall, I’ve seen improvements in swallowing function in only 1 week!”

- Jamie, SLP
At Spectramed, we lead the way in the advancement of rehabilitation tools to restore function to the highest level possible and to improve the quality of life for dysphagia patients. We developed the first NMES and sEMG handheld device for the treatment of dysphagia.

We believe clinicians and patients alike should have access to the most comprehensive rehabilitation suite in the global market. Our dedicated team has developed products and educational programs with a focus on our five core values:

**Compassion:** At Spectramed and The Guardian Way®, care for your patients is always first.

**Innovation:** We are committed to continually innovate rehabilitation tools for patient care.

**Fiscal Responsibility:** We create and optimize affordable solutions for patient care.

**Loyalty:** From the speech-language pathologist community to the vendors we contract, Spectramed is committed to building lasting relationships.

**Quality:** Our commitment to superior quality goes above and beyond. When we can’t find the quality product you deserve, we search the globe for the components to design our own. It’s the extra mile we go to bring you the best.

Our dedication is to the physical, psychological, social and spiritual well-being of the patients and communities we serve. We believe our team of therapists, engineers and sales associates exemplifies the best and the brightest which drives our world-class patient care.

“THANK YOU, THANK YOU, THANK YOU!!! I don’t even know where to start in telling you how much I have learned from this course. This was truly eye-opening AND a complete game-changer for me in how I approach my treatment of dysphagia. I appreciate ALL of the additional resources that you emailed to us. What a tremendous value this course has been. BEST CEU money spent to date!!!”

-Katherine H., SLP

“How does a person say thank you for giving them back the opportunity to eat again? Grateful is an understatement. Thank you from the bottom of my heart.”

-Yama S. 53 year old patient with Multiple Sclerosis
Why the Guardian Way®?

The use of The Guardian Way® NMES/sEMG is a highly efficacious treatment technique that is safe, affordable, painless and can prevent the occurrence of deadly complications.

The Guardian Way® treatment protocol can be utilized at any point in the rehabilitation process from the acute onset phase to many months or even years later after the dysphagia has been diagnosed. Historically, there are only a very small percentage of patients who would not be considered candidates for The Guardian Way® and proper training in the protocol will help clinicians identify these patients.

Why is the Guardian Way® Fundamentally Different?

The Guardian Way® is fundamentally different from other protocols because:

- We provide clinical training that combines customizable neuromuscular electrical stimulation (NMES) and surface electromyography (sEMG).
- Our protocol parameters are designed for small muscles and based on well-established principles of electrophysiology.
- Our dedicated customer service provides clinician to clinician support even after you take the course.

“Through time, outcome data was collected and showed that the program was producing tremendous outcomes according to the American Speech-Language and Hearing Association (ASHA) National Outcomes Measurement System (NOMS). I would recommend The Guardian Way® from a clinical standpoint.”

- Dr. David T. Hutchings, CCC-SLP

“I spoke to other SLPs about your seminar. I just want to tell you that I have been a big supporter for what I thought was NMES and am very excited by what you have taught me today! I am advocating that all of my other SLPs get on board to do this as well!”

-Judy K., SLP Life Care Center of Estero
NMES and sEMG together in one device at the most affordable price on the market.

Spectramed was the first to bring together the power of NMES and sEMG in a handheld device for the treatment of dysphagia. Our device features:

- Blue Tooth
- Trigger Stim
- Biofeedback
- Patient Assessment Mode
- Outcome Data
- Fully Customizable
- Gaming Mode
- App Integration
- Four Preset Programs

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<tr>
<th>Technical features of the single channel Aspire2 Device</th>
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<tr>
<td>Maximum Amplitude: 60 mA</td>
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<tr>
<td>Wave Form: Asymmetrical, Biphasic with zero DC current</td>
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<tr>
<td>Pulse Duration: Adjustable 50-450 microseconds</td>
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<td>Frequency: Adjustable 5 Hz to 100 Hz</td>
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<tr>
<td>Work &amp; Rest Time: Adjustable “on” time 1-100 seconds, “off” time 1-100 seconds</td>
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<tr>
<td>Ramp Up Time: 0-50 seconds</td>
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<td>Ramp Down Time: 0-50 seconds</td>
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<td>Total Treatment Time: 30 minutes</td>
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<td>Electrode Placement: 2 electrodes placed on the submental area to facilitate hyalaryngeal excursion</td>
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<td>Protocol Type: NMES</td>
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“Just had my first success story yesterday! Had a MBSS post stroke 3 weeks ago in hospital. Patient was noted with penetration with Nectar Thick Liquids (NTL) and aspiration of large sips of NTL, aspirated thin liquids inconsistently with chin tuck. After 2 weeks of NMES 3 times a week (maybe 7 times total), patient upgraded to thin liquids post FEES. No penetration or aspiration with NTL or penetration with small sips of thin liquids! Only noted mild penetration with large sips, but he was able to clear penetration with subsequent swallow!! Patient is going home Wednesday.”

- Heather P., SLP
“Thanks so much!!! I can’t stop talking about this class! A definite game changer for my practice and I thank you so much. I already have patients lined up and a couple therapists who don’t provide NMES have asked me to come in and see their severely impaired patients that they can no longer make gains with. Great course! Cheers!”

-Sue, SLP