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SOZO® in Physical Therapy Practices Goes Beyond Limitations of BMI to Easily, Effectively Assess Body Composition

Maureen McBeth, MPT, CLT-LANA, Demonstrates SOZO at the 2019 American Physical Therapy Association (APTA) Combined Sections Meeting (CSM) After Hours Event: Go Beyond BMI – SOZO: Taking Therapy Further

ImpediMed's SOZO Digital Health Platform is a non-invasive, FDA-cleared and CE-marked bioimpedance spectroscopy (BIS) device that measures and monitors tissue composition and fluid status. SOZO combines BIS with population health data to create a rapid, non-invasive scan of a person's body, providing an individualized snapshot of tissue composition, fluid status, and hydration.



ImpediMed's demo of SOZO at APTA CSM helped to broaden professional understanding of the importance of looking at the entire body composition to easily and effectively measure and monitor muscle and fluid.

The Problem with BMI

Because BMI is an imperfect measure of body fat, researchers hypothesized that greater body fat percentage, independent of BMI, would be associated with increased health risks. But body composition – not just weight – needs to be considered when assessing health and risk of complications.

A cohort study looked at body fat using dual-energy x-ray absorptiometry (DXA) and BMI for 50,000 men and women over the age of 40 to examine associations between BMI and percent fat – alone and in combination – with mortality.

The study found that having a higher percent body fat was independently associated with reduced survival, as was having a low BMI.

This "obesity paradox" shows that overweight and moderately obese patients with certain chronic illnesses outlive thinner people with the same conditions.

SOZO Benefits for Physical Therapy Practices - Going Beyond BMI

As a more direct measurement of body composition, SOZO is a simple yet sophisticated device for measuring fluid and tissue composition and should become more of a routine procedure in monitoring overall health.

As a tool for physical therapists, SOZO helps them get back to basics in terms of understanding and quantifying fluid status and muscle mass.

Going beyond the limitations of BMI, SOZO gives clinicians the ability to track and manage their patients, providing a clear, visual way to demonstrate patient progress, as well as to quantify improvements in skeletal-muscle mass or decreases in fat mass. This helps physical therapists to document the value of care and incentivize patients to continue a healthy lifestyle.

To learn more visit <https://www.impedimed.com> or contact info@impedimed.com

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