



MEMORIAL HEALTH SYSTEM OF EAST TEXAS

Contact: Yana Ogletree
Office: 936-639-7163
Cell: 936-635-9705

FOR IMMEDIATE RELEASE

Aquatic Therapy Makes a Big Splash in East Texas

Wilson McKewen Rehabilitation Center Offers Area's Only Aquatic Therapy Program

LUFKIN, TEXAS (December 8, 2009)...Throughout the year and especially in the summer months, backyard swimming pools and public pool facilities are not only used for fun but for various exercise methods from maintaining and improving physical health to building cardiovascular endurance. The use of a swimming pool for these type activities can preserve participants' joints from the wear and tear that gravity imposes during traditional dry land exercise. A different type of water workout or **prescribed therapy program** for a specific group of people can be found at Lufkin's Wilson McKewen Rehabilitation Center's indoor pool, the only indoor aquatic therapy program in the area.

Wilson McKewen Rehabilitation Center's aquatic therapy program serves people who have muscle weakness or muscle control problems as a result of illness or injury.

Patients with a wide range of indications are candidates for aquatic therapy:

- Rheumatology (Arthritis/Fibromyalgia)
- Sensory Disorders
- Limited Range of Motion
- Weakness
- Poor Motor Coordination
- Pain
- Spasticity
- Perceptual/Spatial Problems
- Balance Deficits
- Circulatory Problems
- Cardiac Diseases
- Joint Replacement
- Motor Learning
- Orthopedic Injuries/Trauma
- Neurological (MS)
- Osteoporosis

Many of these patients may have limited mobility; therefore, regular exercise and treatment on dry land may not even be possible. Limitations on movement can make the most routine activities difficult. An aquatic or water environment can allow standing, walking, exercise and other functional movements.

Aquatic rehabilitation can achieve pain control, allowing the patient to move normally and improve strength and flexibility for transition to normal functional movement on dry land.

The Wilson McKewen Rehabilitation Center's aquatic therapy center includes complete accessibility for people who walk as well as those who require a chair lift in and out of the pool. With patient safety a key component of the center, emergency and safety equipment and procedures are properly in place to protect patients. Specially trained and licensed professionals provide skilled rehabilitation services to both adult and pediatric patients in a one-on-one session. Controlled water and surrounding air temperatures and humidity insure maximum comfort and a therapeutic environment. Other amenities Wilson McKewen Rehabilitation Center offers are handicap accessible changing, shower and restroom facilities for both female and male patients.

Wilson McKewen Rehabilitation Center operates as a not for profit outpatient rehabilitation provider of Memorial Health System of East Texas. Wilson McKewen serves a diversity of patients. No patient is ever denied treatment based on income or insurance coverage.

If you feel traditional rehabilitation is too painful and is not beneficial to your particular needs, please consult with your physician to form a treatment plan that is right for you. Therapists can speak with your physician to see if aquatic therapy is appropriate. Wilson McKewen Rehabilitation Center is located at 3010 South First (Hwy 59 South) in Lufkin. For more information, call us at 936-634-2266.

About Memorial Health System of East Texas

As the largest health care system in the deep East Texas area, Memorial Health System of East Texas is a private, not-for-profit hospital that provides care to almost a quarter of a million patients each year. Since its inception in 1949, Memorial Health System has paved the way for quality, innovative health care in East Texas. In fact, Memorial consistently ranks among the nation's best for exceptional health care and patient satisfaction.

Memorial Health System of East Texas is comprised of four hospitals—Memorial Medical Center—Lufkin, Memorial Medical Center—Livingston, Memorial Medical Center—San Augustine, and Memorial Specialty Hospital, the only rural long-term acute care facility within the area. Memorial offers a wide array of services, including the newly renovated Arthur Temple, Sr. Regional Cancer Center, which has earned a three-year seal of approval with commendation from the Commission on Cancer. Additionally, Memorial is a regional cardiac care center affiliated with the Methodist-DeBakey Heart Center in Houston. The hospital also is known for providing the area's only comprehensive diabetes center—The Horace C. Polk Regional Diabetes Center. Other centers of excellence include the Temple Imaging Center that offers some of the most advanced procedures in the area, including PET/CT scanning for cancer and Alzheimer's, 64 Slice CT scanning, Open Bore MRI, 4D Ultrasound, and digital mammography. Other specialty areas include Orthopedic care, Women's Services, Inpatient and

Outpatient Rehabilitation, Homecare, Wound and Hyperbaric Therapy, Kidney & Diabetes Treatment, Sleep Disorders Treatment, and Express Lab. Memorial Health System of East Texas—founded and funded by the people it serves.

Cutline:

Wilson McKewen Rehabilitation Center's aquatic therapy program serves people who have muscle weakness or muscle control problems as a result of illness or injury. Charlotte Huffstetler, LPTA, provides aquatic therapy to rehabilitate Jacquie Evans' (left) recent arm injury followed by arm and shoulder surgery to repair the damage. While decreasing gravitational pressure and pain, aquatic therapy is more tolerable for Evans' limited range of motion.