



Intelligent Medicine

Working together for a healthy tomorrow.

Aquatic Therapy

ENHANCING OUTPATIENT REHABILITATION



Golden Valley Memorial Hospital stays abreast of advancements in rehabilitation, whether they come in small ripples or substantial waves. In spring 2006, GVMH will splash into a new wave of therapy with the opening of an aquatic center designed specifically for therapy patients.

THErapy IN THE POOL

The aquatics pool will be located in Clinton's new indoor aquatic center as a separate area and enclosed facility. "The pool is an excellent medium for rehabilitating people with neurological and musculoskeletal problems," says Margaret Barr, senior occupational therapist. "It combines the opportunity for exercise with a comfortable environment for strengthening or relearning limb and body movement." The aquatics center therapy pool will be at a higher, more therapeutic temperature than a regular pool.

"Patients will be referred to outpatient physical therapy or occupational therapy by a physician," Barr continues. "After initial evaluation, a therapist will determine whether the patient can benefit from aquatic therapy in the beginning or later stages of therapy." People with back problems, knee and ankle injuries, tendonitis and arthritis may benefit from aquatic therapy. Though aquatic therapy is not recommended for certain medical conditions, the vast majority of people can participate.

WHY WATER WORKS

"Aquatic therapy is low impact, a great benefit for patients who have weight-bearing restrictions due to recent surgery and those who experience pain or cannot tolerate

being on their feet," Barr says. "The buoyancy of water helps to counteract the problems with pain, range of motion and weakness that some patients have after surgery or injury."

Aquatic therapy can be used to increase mobility and muscle strength, so patients can function better in and out of the water. It also helps promote relaxation and cardiovascular endurance; decreases the frequency of muscle spasms, swelling and pain; and improves coordination, balance and respiration.

These properties of water are key to therapy:

- **Buoyancy** – A person submerged in water weighs a fraction of his or her regular body weight.
- **Water pressure** – It reduces swelling of joints and tissues.
- **Resistance** – Water creates resistance against movement, so patients can gradually strengthen weak muscles with lower risk for injury.

"Aquatic therapy can help patients with swelling or edema in the lower extremities, because being in the water helps counteract swelling," Barr says. "You can use aquatic therapy for relaxation and pain management, or as a more challenging environment, using water's resistance for higher-level balance and strength activities."

OUTSTANDING OPPORTUNITIES

Barr and the therapy staff at GVMH are excited about making aquatic therapy available to patients. "There aren't many hospitals our size

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ORTHOPEDIC SERVICES MAY ALLEVIATE DISABLING PAIN



When pain is deep down in your bones, you want relief. Fortunately, Golden Valley Memorial Hospital's orthopedists may be able to help. Orthopedists chiefly focus their medical practice on ailments affecting the bones, such as arthritis, fractures and sports injuries.

"When a person experiences pain in a joint or suffers an acute injury, he or she is typically referred by a primary care physician for an orthopedic examination," Dr. Jeffry Dressander, orthopedic surgeon, says.

DRAMATIC OUTCOMES

When conditions are minor, medications, injections or physical therapy may be enough to relieve the discomfort. However, if your condition is severe, surgery may be the best option.

"If an arthritis patient, for example, is disabled by pain, he or she may be a candidate for surgery," Dr. Dressander says.

"Likewise, if a patient suffers from extreme stiffness in the knee joint in the mornings or if pain is aggravated by walking or standing, joint replacement surgery may be appropriate."

In addition to traditional orthopedic surgery, Dr. Dressander is trained in arthroscopy (surgery using a scope to see inside a joint) for the knee and shoulder. "Because the incisions are smaller, patients tend to recover more quickly than with conventional surgery. They also experience less pain."

Orthopedic surgery can truly change a patient's life. He or she could go from constant pain and the inability to participate in activities of daily life to returning to his or her pre-condition lifestyle, mostly free of pain. "Outcomes for surgery are dramatic," Dr. Dressander explains. "We see a major decrease in pain and

improved function. Patients are able to walk, exercise and enjoy life again."

MODERN CARE AT HOME

Because orthopedic conditions can affect people of all ages – from the child who falls out of a tree and breaks an arm to the senior citizen whose arthritis is crippling – Golden Valley Memorial Hospital offers advanced orthopedic services.

"The hospital offers a comprehensive range of services that easily meets the needs of the community," Dr. Dressander notes. "When patients can receive the excellent medical care they need in the community in which they live, treatment can be easier for them to manage; the surroundings are familiar, they are closer to family and the services are more convenient."

And our orthopedic doctors and nurses are committed to continued training in their chosen field.

Dr. Dressander says, "There are always new developments, techniques and equipment that allow improved and faster recoveries and better outcomes for patients."

LEARN MORE

For more information about the hospital's orthopedic care, call **660-885-5511**, or to reach Dr. Dressander at the Wetzel Clinic, call **660-885-8171**.

NEW MEDICAL OFFICE BUILDING TO OPEN LATE FALL



Patients will find it more convenient to visit the Wetzel Clinic and access hospital services at the same location when the new medical office building is complete later this year.

Patients and families of Golden Valley Memorial Hospital can look forward to a new, modern medical office building to open on the hospital campus later this year. "The new building is designed to improve the efficiency of clinic operations and enable us to better serve our patients," Randy S. Wertz, Chief Executive Officer, Golden Valley Memorial Hospital, says.

"We evaluated several locations for the new facility before deciding on the site adjacent to the hospital," he continues. "Having the clinic offices right here offers a range of benefits, including increased convenience for our patients. They'll have immediate access to clinic

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MEET DR. JEFFRY DRESSANDER

Dr. Jeffrey Dressander moved to Clinton last fall from Chicago, where he had practiced orthopedic surgery. The Clinton area appeals to Dressander for several reasons, including its proximity to lakes for outdoor activities. He also thinks Clinton will be a nice place to rear a family.

Although he has only practiced in Clinton a few months, he says, “I hope this is the beginning of a long relationship with the community.”

His professional background includes:

- ♦ **Education:** Orthopedic training at the University of Wisconsin-Madison, medical degree from Rush Medical College and bachelor’s degree from the University of Illinois.
- ♦ **Experience:** Three years practicing orthopedic surgery in Chicago.
- ♦ **Specialties:** He offers arthroscopy for knee and shoulder surgeries, joint replacements and sports medicine, among other orthopedic needs.

and hospital services at the same location, saving them time and creating a more efficient continuum of care.”

FILLING A GROWING NEED

The new building will replace the existing Wetzel Clinic Medical Office building, which will remain open until construction on the new facility is complete. “The current building has a number of patient care and service limitations, and there is no space to add needed new physicians,” Wertz says.

The new building will house similar services, including physicians’ offices and

diagnostic laboratory and imaging services, with a more patient-friendly design and room for expansion. “The facility will accommodate up to 25 physicians on the first and second floors, enabling us to expand the number of primary and specialty care physicians serving the Golden Valley area. The third-floor space will be shelled in and available to help us meet future health care needs as our communities grow.”

MAKING PROGRESS

Work on expanding the parking lots began last fall. The new lots will provide more parking spaces than the previous

hospital and clinic parking lots combined, adding convenience for patients, families and visitors. Groundbreaking for the office building began in late November 2005.

“Through improved clinic facilities and the ability to add new physicians, this new medical office building will drive increased access to care, financial stability for the hospital and help further our vision to make a positive difference in the health and wellness of each life we touch,” Wertz says.

Look for more details in future issues of *Intelligent Medicine* as construction progresses.



OBESITY: WHAT A HEADACHE!

Results of a study recently presented by the American Academy of Neurology find that obese individuals may have twice the risk of chronic daily headaches as normal-weight people. In addition, their headaches are more severe. Chronic daily headaches are defined as non-migraine attacks occurring at least 15 times a month.

The researchers compared participants' body mass index with data about their headaches. They found that headache frequency and severity increased with body mass index. Overall, 3.8% of the study group suffered from chronic daily headaches. The percentage rose to 5% among overweight individuals and to 7% among the obese.

FOOD TO HELP YOU SLEEP

Do you often get a case of the midnight munchies? Research shows that when you eat can affect your sleeping habits just as much as what and how much you eat. Eating a snack-size serving of foods high in tryptophan and carbohydrates (found in brown rice, dairy foods, legumes, meats and seeds) half an hour to an hour before bedtime can be the most beneficial for falling asleep. It can also help curb trips to the refrigerator in the middle of the night. However, eating a full course meal within two to three hours of bedtime may have the opposite effect, and possibly lead to indigestion.

Source: *Consumer Reports on Health*, May 2005



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that can provide aquatic therapy in a facility strictly designed for that purpose," Barr explains. "And we are happy to continue expanding our ability to provide different kinds of therapy."

Once open, the aquatics center will be available for patients during normal clinic hours, 8 a.m. to 4:30 p.m., Monday through Friday.

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