

NEWS RELEASE



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For Immediate Release

AQUATIC THERAPY COMES TO HALIFAX REGIONAL

ROANOKE RAPIDS, NC (April 27, 2012)—Halifax Regional’s Physical Therapy Department has added a new service for patients—aquatic therapy.

Aquatic therapy is designed to improve flexibility, balance, strength and cardiovascular function through specific exercises in shoulder deep water, says Brandi Ross, operations manager of Rehab Services at Halifax Regional. She also adds, “Swimming experience is not necessary, a licensed therapist is in the water with each patient at all times”.

Deborah King, a licensed Physical Therapist Assistant, provides individualized therapy sessions two days a week at Key Fitness in Roanoke Rapids. She has 19 years combined experience in the exercise field and in physical therapy rehabilitation. Deborah has a Bachelor’s of Science Degree from Eastern Kentucky University, in Exercise Science and an Associates degree in Physical Therapy from Nash Community College.

“Aquatic therapy allows patients to perform exercises that they are unable to do in a regular land- based therapy,” Ross says. “Over time, they become stronger through aquatic exercise and can participate in regular therapy programs.”

Physicians prescribe aquatic therapy for individuals with a variety of conditions, including:

- Arthritis
- Sports injury
- Overuse or repetitive motion injury
- Orthopedic surgery rehabilitation
- Back pain
- Hip, knee, and ankle pain
- Shoulder pain
- Neurological disorders, including stroke, multiple sclerosis, Parkinson’s disease

- Bariatric care
- Prenatal exercise.
- Pre-surgery rehabilitation

Potential patients are evaluated by a Physical Therapist for safe participation in aquatic therapy and individualized therapy sessions are conducted in the pool on a one to one basis. For patients with limited mobility, a chair lift is available to assist patients in and out of the pool.

Most insurance plans, including Medicare and Medicaid, cover aquatic therapy. For more information, contact the Outpatient Physical Therapy Department at 252-535-3028.

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About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.