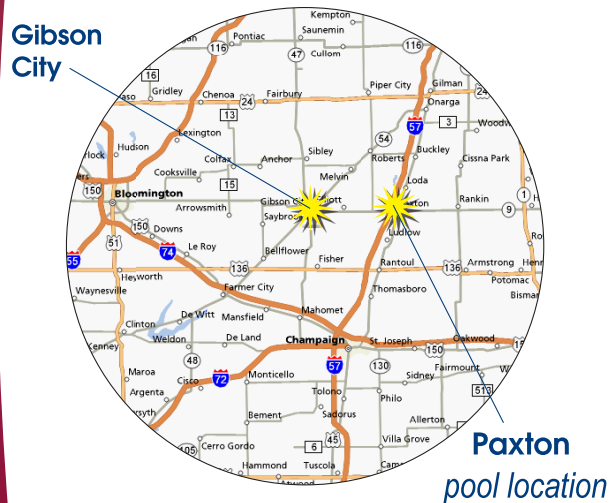


ADDITIONAL REHAB SERVICES

- Postural Restoration
- Post Surgical Rehab
- Orthopedic Rehab
- Women's Health
- Electrotherapy
- Fall Prevention & Balance Screening
- Sports Rehabilitation
- Sports Enhancement
- Free Sports Injury Evaluation



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GAH Sports Medicine
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Water...
the Universal Solution



featuring the
HydroWorx 1000 Pool

Aquatic Therapy and Training Center



Gibson Area Hospital Therapy Services and Sports Medicine utilizes the HydroWorx 1000 Pool, the first of its kind in the region.

Aquatic Therapy is a system of exercises and activities designed to utilize water's unique healing benefits. In the rehabilitation process, the buoyancy of water helps to reduce joint compression. Following injury or surgery, range of motion and weight bearing exercises can be initiated more quickly without causing undue stress to the healing tissues and bone. The high density of water also creates increased resistance against movement, thus providing more feedback and increased effectiveness of strengthening exercises. Aquatic therapy has been proven as an effective treatment and rehabilitation medium for many health conditions including the following:

- Low Back Pain
- Orthopedic Rehab
- Pain Management
- Arthritis
- Fibromyalgia
- Post Surgical Rehab
- Sports Medicine & Conditioning
- Sports Enhancement
- Cardiac Rehab
- Obesity
- Decreased Conditioning
- Head Injury
- Cognitive Impairments
- Stroke
- Spinal Cord Injuries
- Balance Deficits
- Muscle Spasms
- Core Strengthening
- Shoulder Exercises
- Pediatric Delays
- Elder Care
- And More



The HydroWorx Pool contains:

- Integrated treadmill that has a cushioned, low impact design with superb traction.
- Treadmill speeds smoothly increase from 0-7.5 mph in comfortable 0.1 mph increments.
- Powerful adjustable water jets have been strategically placed for deep tissue massage and resistance training.
- Multiple therapy stations.
- Massage system with flexible massage hoses for personal massage care.
- Safe accessibility to this pool has been addressed with ergonomic stairs, double handrails and a lift if needed.
- Removable hand rails.
- Strategically placed video system for underwater recording.
- Pool temperatures range between 92-97°.

**For rehabilitation,
strengthening and
conditioning, there
is none that can
compare.**

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