

MAMMOTH S.P.O.R.T. CENTER OFFERS HYDROWORX THERAPY POOL

By Jennifer Hansen, Mammoth Hospital



Deena Kastor, training in the HydroWorx Therapy Pool

The Mammoth S.P.O.R.T. (Sierra Park Orthopedic and Rehabilitation Therapy) Center physical therapy department has an on-site state-of-the-art HydroWorx Therapy Pool which is the only pool of this kind within several hundred miles. It is an 8x14 foot pool with a built-in underwater treadmill and an adjustable current for resistance.

“Water is a unique environment that many of our patients can benefit from,” states Physical Therapy Manager, Karilyn Myers. “Movement and exercise that is not possible on land can often be accomplished in the water due to the buoyancy and virtual elimination of gravity. The new pool has many features that allow use for a variety of populations: Patients perform therapeutic exercises in the comfortable 92-degree water utilizing the water for assistance and gradually progressing to working against the water’s resistance. Patient’s who are unable to walk on land can often walk normally using the underwater treadmill due to minimal compression through the joints. The current allows any swimmer to swim laps in place in the space of the 8x14 foot pool.”

Deena Kastor, 2004 Olympic bronze medallist in the Athens marathon recently trained in this pool while a stress injury of her foot was healing. Several patients have utilized the underwater treadmill to learn how to walk after weeks of being on crutches due to fractures and joint injuries. A patient with impaired nerve conduction to his legs was able to walk in the pool and work on balance exercises safely where on land he was unable to walk without assistance. Another patient undergoing shoulder rehabilitation found that the water helped him lift the weight of his arm when he was not able to do this, and after regaining strength he used the water to provide resistance for strengthening. The pool has been beneficial for children with cerebral palsy who have had difficulty controlling their movement on land, but were able to move more freely in the water and were also motivated by the fun environment. Meb Keflezghi, 2004 Men’s Olympic marathon silver medallist used the pool for a recovery session after a hard run by walking, stretching, and using the massaging water jets in the pool.

We are fortunate to have such a great facility with state-of-the-art equipment and a highly trained staff. Ask your doctor if pool therapy might be helpful to your condition. Call 760-934-7302 for more information or visit www.mammothhospital.com.

