

NEWS RELEASE



For more information, contact:
Henry Robertson
(252) 535-8585
hrobertson@halifaxrmc.org



Therapist, Trisha Voeltz, works with Kevin Clark, a 22 month old who is recovering from a procedure to remove an astrocytoma tumor from his spine. The tumor affected his central nervous system and many of his motor skills. Kevin's Treatments include practice walking, reaching and muscle strengthening exercises to help him regain control of his limbs.

HALIFAX REGIONAL THERAPISTS CELEBRATE NATIONAL PHYSICAL THERAPY MONTH

Therapists Help Patients Regain Their Motion in Life

ROANOKE RAPIDS, NC – (October 26, 2008) – The Physical Therapy Department at Halifax Regional is celebrating its successes in patient care in observance of National Physical Therapy Month.

"Physical Therapy: It's all about movement" is the theme for this year's national observance and emphasizes the import role therapists play in helping patients regain there ability to move freely and without pain.

Brian Jones, Director of Rehab Services at Halifax Regional says movement is essential in our everyday lives. A person's range of motion can be limited by many causes and disease processes; some of which have the ability to cause severe pain. "Whenever a patient suffers pain or a reduced range of motion, our therapists work to help them regain that part of their life," Jones said.

The eight physical therapists and therapy assistants at Halifax Regional and at Halifax Physical Therapy, the Medical Center's outpatient clinic, work with patients daily who have lost movement in their lives due to various reasons. "We have succeeded and have reason to

celebrate when we've helped to increase the quality of life our patients are able to live," said Kelly Jean, Assistant Director of Physical Therapy at Halifax Regional. "It's a team effort based on the relationship between the therapist and the patient," she added.

The therapists and therapy assistants at Halifax Regional help inpatients who have broken bones, undergone joint replacement, suffered a stroke, brain injury or other debilitating illness which impairs movement and body function. Therapists also work with patients to arrange for home health needs and follow up therapy care after discharge. "We want our patients to go home stronger and with a better quality of life than when they arrived," said Jean.

At Halifax Physical Therapy the therapists work with patients in an outpatient setting. The therapists evaluate patients and proscribe regimented exercises designed to restore and improve function, reduce pain associated with movement, and increase quality of life. Many patients continue their therapy at Halifax Physical Therapy after beginning treatment in the Medical Center. Patients may also be referred to Halifax Physical Therapy by their primary care physician.

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About Halifax Regional-

Halifax Regional Medical Center is licensed for 206 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.us.