

Welcome to the **sixth issue** of our newsletter. We hope you enjoy reading about some of the things that are going on at CPW Rehab. Do you have anything you'd like us to include? Give us a call and let us know. We look forward to hearing from you!

## Wellness In Action

Congratulations to Constance Bayer, the first quarter Wellness in Action (WIA) winner for 2010.

The WIA program was started in 1999 to recognize Medical Fitness Program (MFP) participants who demonstrate real commitment to their exercise program.



Constance Bayer

Constance has been coming to CPW Rehab since September 2008. She started at CPW Rehab due to back and neck pain. She notes that she no longer has pain.

Constance attends the Medi-Fit Program two days per week on land. She feels the MFP helps her be more flexible and she notes that she has even lost some weight.

Constance enjoys painting and bowling in her spare time.

Keep up the good work Constance!



## E- Newsletter

We are sending our newsletter electronically (E-Newsletter). If you would like to receive the E-Newsletter email Jennifer: [jschrickel@CPWRehab.com](mailto:jschrickel@CPWRehab.com)

## Warm water. Less Pain. More Smiles.

*That's what you get with warm water aquatic therapy.*

### What is Aquatic Therapy?

Aquatic therapy is specifically designed activities performed in a heated therapeutic pool to enhance, restore, and maintain a person's functional abilities.

### What are the benefits of Aquatic Therapy?

After an illness, injury, or surgery, a patient's sensitivity to pain may be increased or the ability to bear weight on the injured area limited. Benefits of exercise in the water include:

- Decreased pain
- Improved muscle strength and endurance
- Increased cardiovascular function
- Reduced stress
- Decreased swelling
- Increased range of motion
- Increased balance and coordination

### Principles of aquatic therapy that 'land based' therapies may not offer:

**Buoyancy** - Provides assistance and support. It is used to decrease force of gravity placed on weak limbs and allows a person to move more easily with decreased stress on muscles, joints, and bones.

**Heat** - Aquatic therapy is provided in a heated pool, ranging in temperature from 94-96 degrees. The warm water relaxes muscles and allows for improved joint range of motion and decreased stress.

**Hydrostatic Pressure** - The water surrounding the body helps circulate blood from the legs to the heart, often reducing any swelling in the ankles and feet. Once swelling is reduced, joint tenderness may decrease and range of motion can increase.

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## Welcome to MFP Corner

We have nothing but good news to report from our Medical Fitness Program. Participation continues to grow and our MFP participants are working hard and enjoying the benefits of improved health, increased energy and high spirits!

### Back to Basics

Back to Basics is an aquatics specialty class which concentrates on strengthening of the abdominal and back muscles to increase stabilization and improved function.

Classes are held Mondays from 11am to 12 pm. Cost is \$20 per month. Call Suzette (419) 841-9622 for more information or to sign up.

## Upcoming Events

### Brown Bag Lecture Series

CPW Rehab is hosting the Brown Bag Lecture Series for the second year in a row. Lectures are held the 2nd Wednesday of each month at Noon.

#### March 10, 2010: Evidence-Based Pain Management

Presented By: William James, M.D. Medical Director, the Comprehensive Centers for Pain Management. **Lunch Provided.**



#### April 14, 2010: Growing Older...Gratefully and Gracefully

Presented By: Olga Boone (101 years young) Inspirational Speaker and Renowned Storyteller.

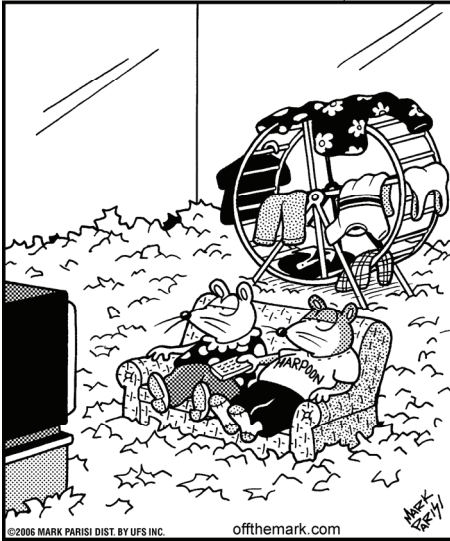


## Tip of the Quarter

### 10 Tips to Living a Healthier Life

1. **Eat Breakfast every morning:** may result in leaner body, lower cholesterol and less chance of overeating.
2. **Add fish and Omega-3 fatty acids to your diet:** eat fish 2 times per week to decrease risk of heart disease.
3. **Get Enough Sleep:** 7-10 hours per night.
4. **Socialize:** with family and friends, join church groups or volunteer.
5. **Exercise for Better Health:** take a daily walk.
6. **Practice Good Dental Hygiene:** brush and floss daily.
7. **Drink Water:** 6 - 8 glasses per day.
8. **Protect your skin:** always wear sunscreen of SPF 15 or higher.
9. **Quit Smoking:** improves your health in all areas.
10. **Drink Tea:** may help improve memory, prevent cataracts, cancer and heart disease.

## off the mark.com by Mark Parisi



Check us out on the web at:  
**cpwrehab.com**

## Meet the CPW Rehab Staff



Len Greninger, Owner, CPW Rehab

Len Greninger, Ph.D, RKT is the owner and President of CPW Rehab. For the past 40 years, Len has spent his life educating students and individuals on the benefits of exercise.

His education began at SW Missouri State University, where he received his BS in 1966. He then received his Masters and Ph.D from The University of Illinois at Urbana-Champaign in 1967 and 1974, respectively.

He began his career in higher education at The University of Toledo (UT) in 1974 as an Assistant Professor. In addition to teaching, Len conducted research and held many department and committee positions through his 35 years at UT. In 1975, Len started the Kinesiotherapy Center on the UT campus. This center was started to provide kinesiotherapy services on land and in the pool for people with both neurological and orthopedic conditions. It also provided a venue to educate the kinesiotherapy students.

In 1987, Len started CPW Rehab in conjunction with Millie Blatter. Millie inspired Len to start a business that was a "one-stop shop" for patients needing physical rehabilitation. He previously had been providing care for her son at the UT location and at her home. Today, the model is common, but CPW Rehab retains its initial success.

Len, who retired this last year as a professor from UT, has taken on an additional role at CPW Rehab in the Public Relations/Marketing area. Cont.

## Patient Testimonial

When I started therapy, my left leg was weaker than my right. When tired, I would limp noticeably.

With therapy my left leg became stronger than my right and ADL's improved dramatically. **Therapy Works!** Thank You!  
Arlene A.

I improved at least 90% by the time of my last therapy appointment. The water therapy was key for me! Being able to strengthen more in the workout room was very helpful.

Now I plan to join the Medical Fitness Program and continue to workout in the water. My goal is to continue to exercise and try to lose weight and stay healthy.  
Brenda F.

## Win Free Movie Tickets!

Do you like to go to the movies? Are you happy with the results of your therapy program? Then tell the world! Just refer your friends and family members to CPW Rehab for treatment. After three of your referrals have come in for their evaluations, you win a **FREE pair** of movie tickets! Check with Cindy Binkley for more information.

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*Resistance* - Allows for improvement in balance and strength in all muscle directions. On land, resistance is felt in only one direction, which leads to an over development of some muscles and under utilization of others. Resistance also increases sensory awareness.

## Warmest Pool in NW Ohio!

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He spends his time educating area physicians on the benefits of exercise and education in physical therapy, wellness and controlling the cost of healthcare.

Len is married to Patricia and they have four children and four grandchildren. He is a life long health enthusiast who practices what he preaches.