

Explore Health

WITH  SENTARA®

Medical Breakthroughs at Sentara "Anti-Gravity" Rehabilitation Space Technology Helping to Heal and Strengthen

An "anti-gravity" technology that was originally developed to help astronauts stay fit is now available at the Sentara Therapy Center James City in Williamsburg to help condition and rehabilitate people who have had a lower extremity injury or surgery.



It's a well-established fact that the body heals better and faster with a structured therapy and exercise program. But often with lower extremity (hips, legs, ankles) injuries or fractures, the full weight of the body can literally be too much to bear.

The concept of "anti-gravity" training started with the need for NASA's astronauts to get some exercise during space missions. Now this same technology has been adapted and approved by the FDA for use in rehabilitation and training—right here on Earth—with an AlterG "anti-gravity" treadmill.

The biggest advantage is the ability for a person to return to a normal walk or run with less time coping with an abnormal walk or run which can cause other physical issues.

"Anti-gravity" Treadmills Are Used For:

- Pre-surgery conditioning
- Rehabilitation from lower extremities (hip, leg, foot, ankle) injuries
- Pre- and post-surgery joint replacements
- Aerobic conditioning and athlete training
- Neuromuscular control and balance

Orthopedic and sports medicine patients using this equipment will shorten their inactive time and benefit from being able to more quickly begin walking or running therapy with less stress and pain.

Using an air pressure controlled system, the person is literally lifted, and able to exercise the lower extremities without the impact of the full weight of the body. The system can adjust weight bearing from 20% of body weight to 100%, in small increments, so patients can exercise pain-free and track their progress. This protects healing bones and tissues and offers an opportunity for increasing the range of motion.

Other "unweighting" devices such as harness systems have been useful in recovery for patients with lower extremity issues. The "antigravity" equipment operates with a different type of technology without a harness offering more comfort, more freedom of movement, instant and precise adjustments during therapy and measurable progress.

For more information on this latest rehabilitation technology, visit www.sentara.com/therapy.

Saving Minutes, Saving Lives



NIGHTINGALE
REGIONAL AIR AMBULANCE SERVICE

Time is life in a medical emergency. Your support of the current Nightingale Regional Air Ambulance campaign to purchase a new mission helicopter honors all who survive when Nightingale saves the minutes that save lives. Every dollar donated to Nightingale helps continue the legacy of this lifesaving program. For more information about the new technologies and medical advancements of this new aircraft, or to make a contribution, go to www.sentara.com/savinglives.



MyChart™ Epic Systems Corporation

If you're an iPhone user, visit the App Store or scan this code to get the app



Learn more at sentara.com/app

Sentara MyChart offers access to your electronic medical information as a patient of Sentara Medical Group doctors. It's now expanding to other physician practices connected to Sentara eCare. Learn more at www.IWantSentaraMyChart.com

Celebrate the Opening of Sentara Princess Anne Hospital



Community Open House
Sunday, July 31, 1 – 4 pm
2025 Glenn Mitchell Drive, Virginia Beach

- Tour and Meet Physicians and Specialists
- Free Health Screenings
- Emergency Vehicle Tours including Nightingale
- Kids' Activities, Touch Tanks, Face Painting, Train Rides, Moonwalk

Sentara Princess Anne Hospital, in partnership with Bon Secours Virginia, will open for patient care on August 4.

www.sentara.com/princessannehospital

Introducing A New Quality Outpatient Campus Sentara Independence

- Emergency Room
- Advanced Imaging Center
- Lab and Infusion Center
- Non-Invasive Cardiac Services
- Physical Therapy Suite
- Sleep Disorders Center

Opening August 4

800 Independence Blvd.
Virginia Beach
(At the current location of Sentara Bayside Hospital)
757-363-6100

Learn more at www.sentara.com/independence



 **facebook** facebook.com/sentarahealth

 **twitter** twitter.com/sentarahealth

 **YouTube** youtube.com/sentarahealthcare

HEALTHY HAPPENINGS

Is Each Stride Stressing Your Knee?

Learn more about knee pain and treatments
Thursday, June 30, 6 – 7 pm
Sentara Obici Hospital
Free. Register at sentara.com/ortho or 1-800-SENTARA.

Diabetes and You Classes

Tuesday-Thursday
July 12, 13 & 14, 3 – 6 pm
or
Tuesday-Thursday
July 26, 27 & 28, 6 – 9 pm
Sentara Virginia Beach General Hospital
Physician referral required.
More information at 757-395-8836.

Health Screenings

Cholesterol/Glucose/BP
Tuesday, July 5
9 am – Noon, \$20.
Bone Density Screening for Women
Tuesday, July 12
9 am – Noon, Free.
Sentara Obici Hospital
More information at 757-934-4720.

Sentara Living Summer Fun Without The Sun

Learn popular country line dances and Tai Chi moves
Monday, July 11, 10 am – Noon
Bayside Presbyterian Church
Virginia Beach
Monday, July 25, 10 am–Noon
Sentara Obici Hospital

Breast Cancer Education Classes

For newly diagnosed breast cancer patients and their families
Friday, July 15, Noon
Sentara Norfolk General Comprehensive Breast Center
Free. Register online at sentara.com or call 1-800-SENTARA.

