

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.



Now Available for iPhone



MyChart

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

Are You Suffering With Wounds That Aren't Healing?

Visit the Wound Healing Specialists At Sentara Wound Care Center Port Warwick

Slow healing wounds need a unique type of care. The specialized physicians and nurses at Sentara Wound Care Center Port Warwick offer comprehensive wound healing services, including an onsite hyperbaric oxygen chamber and the region's only Quoustic Wound Therapy System™ that uses ultrasound to promote healthy tissue growth. Talk to your physician about a referral to get your healing started.

Sentara Wound Care Center Port Warwick

11803 Jefferson Ave., Suite 125
Newport News
757-594-1990



Coming Soon... Sentara Wound Care will be offered on the campus of Sentara Williamsburg Regional Medical Center in late Summer

A Dedicated Hospital Just For Orthopedic Care



Orthopaedic Hospital at Sentara CarePlex
3000 Coliseum Drive, Hampton

Call the Orthopedic Navigator at 73-ORTHO
757-736-7846 for all of your orthopedic needs.

sentara.com/ortho

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HEALTHY HAPPENINGS

Man-to-Man Prostate Cancer Support Group
Tuesday, July 12
7- 8:30 pm

Sentara CarePlex Hospital
Free. Call 757-827-2438 for more information.

Summer Fun Without The Sun

Learn popular country line dances and Tai Chi moves to keep healthy while having fun!

Thursday, July 14, 10 am-Noon

Sentara Williamsburg Regional Medical Center

Wednesday, July 20, 10 am-Noon

Sentara CarePlex Hospital
Free. No registration required.

Bosom Buddies Breast Cancer Support Group

Tuesday, July 19
7- 8:30 pm

Sentara CarePlex Hospital
Free. More information at 757-594-1939.

Senior Health Fair

Senior Fitness Assessment, cholesterol, blood pressure and foot screenings, giveaways and tours

Wednesday, July 20, 11 am - 3 pm

Sentara Center for Health & Fitness
4001 Coliseum Drive
Hampton
Free. More information at 757-766-2658.

Look Good... Feel Better

American Cancer Society program for women in cancer treatment
Monday, July 11, 6:30 - 8:30 pm

Sentara Williamsburg Regional Medical Center
Free. Register at 757-591-8330 and receive a complimentary makeup kit.

