

## Midwest Physical Therapy & Sports Center



*Moving you to wellness.*

### Physical Therapy Now More Convenient for Residents, Club Landing Members

Residents of The Landing can now receive physical therapy treatments on land AND in the water without ever leaving the building. Roxie Tesmer, physical therapist with Midwest Physical Therapy and Sports Center, is available for aquatic therapy from 8 a.m. to noon and land therapy from 1-4 p.m on Tuesday and Thursdays.

Tesmer is beginning to be a familiar face around Club Landing, having offered aquatic physical therapy since December 2003. Just recently, Club Landing manager Lee Johnson suggested that Midwest Physical Therapy and Sports Center expand its services to physical therapy treatments out of the water. Johnson sees the residents are benefiting from physical therapy and says having a physical therapist inside the building for land and water treatments is a real convenience to residents and Club Landing members.

The Landing's warm water 10 x 20 meter pool, with a temperature at 88 degrees, is ideal for aquatic therapy, and arthritis and fibromyalgia patients. Warm water also serves to soothe aching joints and muscles, and facilitates stretching exercises. Due to the buoyancy of the water, which can reduce bodyweight by up to 75 percent, patients recovering from back, knee or hip surgery can begin an aquatic rehabilitation program several weeks before they would be able to start exercising on land.

"Studies show that aquatic physical therapy works extremely well for patients in pain, especially those with lower back pain. It is an excellent way to regain strength, to improve range of motion and cardiovascular fitness," says Tesmer.

After spending the morning in the pool, Tesmer works with patients on land in the afternoons. The more extensive, hands-on treatment may include hands-on manual therapy, soft tissue massage, ultrasound, electrical stimulation and moist heat. Tesmer helps patient strengthen their muscles, improve range of motion and their balance through exercises, weights, treadmills and NuStep.

With a strong focus on building personal relationships, Tesmer works on a one-on-one basis with her patients, in sessions ranging from 45 minutes to an hour. During the course of the treatment, she keeps in close touch with physicians to provide the best solutions for each individual.

If you are interested in learning more about physical therapy services at Club Landing, contact Midwest Physical Therapy and Sports Center at 436-2986. Most insurance plans cover physical therapy and Tesmer suggests that you check with your physician for a referral before you make an appointment.

Established in 1996, Midwest Physical Therapy and Sports Center is an outpatient, private clinic that provides treatment for pain and rehabilitation care. The Lincoln Chamber of Commerce recently named Midwest Physical Therapy and Sports Center the 2005 Outstanding Woman-Owned Business. For more information about Midwest Physical Therapy and Sports Center, go to: [www.MidwestPhysicalTherapy.com](http://www.MidwestPhysicalTherapy.com)  
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**More about Roxie Tesmer, Physical Therapist, Midwest Physical Therapy and Sports Center:** Roxie earned a B.S. in Education from the University of Nebraska and taught in the public schools for four years. She earned a Physical Therapy degree from the University of Louisville in Louisville, Kentucky. Roxie has practiced physical therapy in a multitude of settings and joined the Midwest Physical Therapy and Sports Center staff in 2000.