

# Midwest Physical Therapy & Sports Center



*Moving you to wellness.*

## Happy Patients Lead Midwest Physical Therapy to Expand Aquatic Rehab

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Midwest Physical Therapy and Sports Center (MWPT) of Lincoln announced that it has added another location for its popular and very effective aquatic rehabilitation program. Through a recent partnership with The Landing, MPWT patients now have access to the 30x65 foot pool at the retirement community located in Williamsburg Village, 3500 Faulkner Drive in Lincoln.

“Recent 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. We’ve seen this first hand with our aquatic therapy program, and this additional site will be more convenient to those living or working in south Lincoln,” says MWPT owner Renee Tewes.

MWPT, one of the few private outpatient physical therapy clinics in Lincoln to offer aquatic therapy, began offering this service in 2001 at Prairie Life Center (70th and “A” Streets), near their clinic at 6900 “A” Street. Therapists and patients alike are amazed at the remarkable results of this low-impact rehabilitation method.

“The first time patients get in the water, it is pretty amazing, because they can walk without pain. People who need crutches on land can walk without them,” says MWPT Physical Therapist Karen Stille, who works with patients at The Landing and Prairie Life Center.

The pool at The Landing maintains a temperature of about 88 degrees. This makes it ideal for 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.

“It also works really well for overweight patients who can’t tolerate land exercise because of foot, ankle or knee pain,” says Stille.

With a strong focus on building personal relationships, MWPT physical therapists always work on a one-on-one basis with their patients, in sessions ranging from 45 minutes to an hour. During the course of the treatment, therapists keep in close touch with physicians to provide the best solutions for each individual.

Lincolnite Vicki Austin, a MWPT patient who has had two hip replacement operations, can testify to the benefits of aquatic therapy. She participated in aqua therapy rehabilitation at Prairie Life after her first hip surgery in 2002. When the time came for her next operation in 2003, she asked her physician for another referral for aquatic therapy.

“It’s tough not to be able to support your own weight, but it helped to know that I would be able to get into the water. It was just heaven because I was able to leave my walker behind. I absolutely recommend it because I truly believe it helped,” she says.

It is estimated that 10 million Americans suffer from lower back pain. MWPT therapists recommend that people with chronic back pain or those who think they might benefit from aquatic physical therapy discuss this option with their physician. If they have questions about physical therapy or aquatic physical therapy, they can call MWPT at: 436-2535 and ask for Becky Krumm or Karen Stille.

Midwest Physical Therapy and Sports Center owner Renee Tewes opened the clinic in 1996 to provide the highest quality rehabilitation care to physical therapy patients. Midwest Physical Therapy and Sports Center is the official physical therapy center serving the Lincoln Stars, Lincoln Saltdogs and Lincoln Capitols. For more information, please call: 436-2535 or go to [www.midwestphysicaltherapy.com](http://www.midwestphysicaltherapy.com)

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2-27-04

**PHOTO OUTLINE:**

**Natasha Stava, Physical Therapist Assistant with Midwest Physical Therapy and Sports Center, does aquatic physical therapy with a patient.**



*For more information, contact:  
Susan Larson Rodenburg  
SLR Communications  
MWPT Marketing Director  
3155 Tihen Circle  
Lincoln, NE 68502  
402-421-1401, rodenburgr@aol.com*