

Physical therapist offers aquatic therapy sessions

by **Alicia Oberholzer**

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While the healing properties of water have been accepted for centuries, the understanding of how aquatics can be used in rehabilitation is continually evolving.

Current evidence supports the use of hydrotherapy for a variety of ailments ranging from acute injuries to chronic pain and neuromuscular pathologies.

The following commentary will highlight how the unique properties of water are being used in physical therapy to improve pain, function, and quality of life.

Hydrostatic pressure

When a person is immersed in water, hydrostatic pressure creates a compressive force against the body.

This compression can help to reduce edema, provide natural resistance against respiratory muscles, improve venous return and support more efficient cardiac function.

In addition, the pressure of the water can help to stabilize joints, improve body awareness, and slow down movements that are more challenging on land. These combined advantages make the pool an ideal setting to safely practice walking or balance training with a therapist.



Alicia Oberholzer

Buoyancy

Buoyancy is a force against gravity that causes our bodies to be lighter in the water.

This means that a person can perform the same exercises as on land but with less loading through their joints.

Many people who have difficulty exercising or walking on land due to joint pain have an improved tolerance in the water.

To put this effect into perspective, by standing waist deep in the water, body weight is reduced by approximately 50 percent.

The deeper the body is submerged, the greater the effect. A person weighs only 25-30 percent of their normal weight with chest immersion, and only 10 percent when immersed to the neck.

Viscosity

As water is approximately 1,000 times as dense as air, it creates a natural resistance as the body moves through and against it.

This aquatic property supports an alternative environment for exercise, even for highly trained individuals. For an injured athlete, the pool can be an important component of maintaining fitness through their recovery.

Various studies have shown that aquatic exercise programs can lead to significant improvements in upper and lower extremity strength and power, maximum oxygen uptake (VO2max), caloric expenditure, and body composition.

In addition, research has concluded that deep water running can help to maintain or improve aerobic capacity in highly trained athletes as well as sedentary individuals. From a therapeutic perspective, this means that incorporating deep water running into a rehabilitation program can be an excellent way to stay in shape without aggravating injuries.

Temperature

Water is a powerful conductor and transfers heat 25 times faster than air. This means that the thermal effects of the water are eas-

ily transferred to the body.

The ideal temperature of the water depends on the treatment goal, though hot and cold can both can have a positive effect on pain.

Warm water creates an environment that supports relaxation, increased tissue flexibility, tone reduction, reduced blood pressure, and improved peripheral blood flow.

In contrast, cooler water water can be helpful to decrease swelling, improve healing, and reduce muscle soreness after exercise.

Alicia Oberholzer, a Physical Therapist at Warm Springs Holistic Health, is offering one-on-one Aquatic Physical Therapy sessions at the Madras Aquatic Center.

She earned her Doctorate in Physical Therapy from Regis University in 2015 and her Professional Certification of Clinical Competency in Aquatic Therapy through the American Physical Therapy Association in July 2017.

All aquatic therapy participants are required to have a referral from their medical doctor and must first participate in a full evaluation in the Physical Therapy Clinic to determine if they are a candidate.

If you have further questions, please contact Warm Springs Holistic Health at 541-777-2663.

Attention young artists

The museum at Warm Springs in February will host the Twenty-Sixth Tribal Youth Art Exhibit.

The museum is accepting artwork submissions through Friday, February 1.

Teachers are welcome to submit entire classroom projects. Individual art is also welcome.

The Youth Art Show is a chance for young people show their creativity.

There will be an opening reception for the Youth Art Show on Thursday, February 7 from 5:30 to 7 p.m.

For additional information talk to museum curator Natalie Kirk, 541-553-3331 ext. 412.



St. Charles' bringing comprehensive cancer services to Redmond

To increase St. Charles Cancer Center's capacity to care for patients, the health system board approved expansion of comprehensive cancer services in Redmond. Radiation oncology and cancer support services will open in Redmond alongside St. Charles medical oncology services.

"We are so excited to expand the services available to cancer patients in our region," said Dr. Linyee Chang, medical director of the St. Charles Cancer Center.

"Our patients currently travel from Warm Springs, Madras, Redmond, Prineville and farther for radiation oncology treatments. This is a hardship on patients who often need treatments for multiple days in a row."

Planning is underway for the expansion of services and more details will be decided in coming

months. In addition to radiation oncology, St. Charles ultimately plans to augment support services for cancer patients in Redmond as well.

These services include oncology rehabilitation, massage, Reiki, acupuncture, social services, survivorship wellness programs, financial counseling, nutrition services and more.

Accredited by the National Accreditation Program of Breast Centers, the Commission on Cancer and the American Society of Radiation Oncology, the St. Charles Cancer Center offers high-quality care with incredible outcomes.

"We are proud to offer outstanding cancer treatment services for patients throughout Central Oregon," said Dr. Jeff Absalon, chief physician executive for St.

Charles Health System.

"This expansion in Redmond is much needed and will provide greater access to care."

St. Charles Health System, Inc., headquartered in Bend, owns and operates St. Charles Bend, Madras, Prineville and Redmond. It also owns family care clinics in Bend, Madras, Prineville, Redmond and Sisters.

St. Charles is a private, not-for-profit Oregon corporation and is the largest employer in Central Oregon with more than 4,200 caregivers.

In addition, there are more than 350 active medical staff members and nearly 200 visiting medical staff members who partner with the health system to provide a wide range of care and service to our communities.

Apply now for OSU Extension Master Food Preserver Program

Applications are being accepted for Master Food Preserver volunteer training for 2019. Master Food Preservers help Central Oregonians make safe food preservation choices, avoid serious illness and help reduce food waste. The application deadline is February 14.

Oregon State University Service Extension offices are recruiting volunteers to participate in food safety and preservation training on Wednesdays, April 3 to May 22, 9 a.m. to 3 p.m. The fun, interactive training sessions will be at the OSU Extension/Deschutes County office at the Fairgrounds in Redmond. The program fee is \$75.

After an interview and acceptance into the program, trainees will receive an extensive resource notebook with the current, most reliable methods for preserving food safely at home. "Hands on" prac-

tice in the kitchen will help participants reinforce their knowledge and skills.

Master Food Preserver volunteer trainees agree to spend 48 hours helping local residents learn how to handle and preserve food safely during the food preservation season. Volunteer activities include conducting or assisting with public workshops, testing pressure canner gauges, and staffing exhibit booths at county fairs.

Persons interested in becoming a Master Food Preserver volunteer should review the Master Food Preserver program information and application link at:

extension.oregonstate.edu/deschutes/events/master-food-preserver-volunteer-program. If you have questions, call 541-548-6088. Or email: glenda.hyde@oregonstate.edu

Around Indian Country

United Keetoowah Band dealt setback in pursuit of new casino

The United Keetoowah Band of Cherokee Indians won't have the support of the city of Enid as it pursues a new casino in Oklahoma.

The tribe asked the city commission to approve two agreements for the proposed development. But the idea was shot down at a city meeting last week.

One agreement called for the tribe to pay the city about \$11.8 million over seven years, while the other would require the tribe to pay 4.6 percent of the sales of food, beverage and non-gaming goods to the city. In exchange, the city would have supported the tribe's land-into-trust application for a 5.4-acre site.

The tribe could still move forward with the application. But lack of support at the local level could affect how the Bureau of Indian Affairs reviews the project.

It also could affect whether the state ultimately signs off. The tribe is pursuing the casino under the two-part determination

provisions of the Indian Gaming Regulatory Act, meaning the governor's approval will be needed further down the line.

The United Keetoowah Band of Cherokee Indians was forced to close its casino in Tahlequah, Oklahoma, in August 2013 because the tribe was not authorized to conduct gaming at the site. Photo: Keetoowah Cherokee Casino

The tribe previously operated a casino at its headquarters in Tahlequah. But the facility had to shut down due to litigation filed by the Cherokee Nation.

The Cherokees argue that their consent is required before land within the historic Cherokee Reservation can be placed in trust for any other tribe. The Bureau of Indian Affairs disagreed with that contention and began approving land-into-trust applications for the United Keetoowah Band during the Obama era.

A federal judge, however, sided with the Cherokees in a May 2017 decision.

Meth & Opiate Work Group Present:

A CANDLE LIGHT VIGIL Sharing A Light



For Community Healing

Remembering Our Loved Ones...

Find access to Resources - Write a tribute to a Loved One

Join in Prayer - Light a candle of HOPE...

Wednesday - January 2, 2019
5:30 to 7:00 pm
Warm Springs Community Center
Together we can heal...

Hot Chocolate & Cookies After Candlelight Vigil

