

National Kinesiotherapy Week

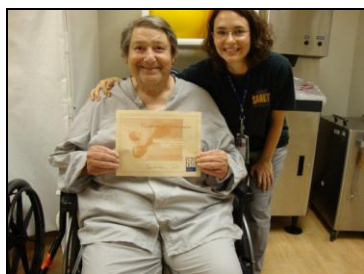
The Kinesiotherapy Department at the Long Beach VA celebrated National Kinesiotherapy Week from September 10th – 14th with several events throughout the hospital. Activities began with a Kinesiotherapy (KT) booth which presented information regarding specific KT clinics and services we provide such as: driver's training, spinal cord injury, seating and positioning evaluations, home based primary care, ergonomics assessments, and the MOVE! weight loss program. Additionally, therapists offered fitness assessments and a chance to participate in an obstacle course using various prosthetic devices.

A favorite activity of the week included a fitness quiz that tested knowledge in areas of health and wellness. However, the highlight of the week were the presentations of Achievement Award certificates. These awards were presented to highly motivated and inspiring Veterans who have shown great drive in their rehabilitation process. The treating therapists in Spinal Cord Injury, General Medicine and Surgery, Driver's Training and the Community Living Center presented the certificates during a small awards ceremony. To close out the celebration, Kinesiotherapists invited employees and patients to join in a mid-day 'Walk and Roll' around the VA's large campus.

This was the first time that a KT specific event of this magnitude was presented at the Long Beach VA. We found that both patients and employees enjoyed participating in the "KT activity of the day" allowing them to challenge their strength, balance and knowledge of KT. Some even competed with their colleagues to see who would be able to answer the most questions correctly or can safely maneuver through a power wheelchair obstacle course the fastest! The overall response was amazing and the Long Beach KT staff would like to thank all those who were involved in making KT week a great success.



Kinesiotherapy Achievement Awards



Pictured left: David Gerow with Regina McWhirter, RKT.



Pictured right: Wanda Messmore with Ubaldo Arellano, RKT

Pictured below: Dena McCulley-McKnight, RKT, Freddie Malouff, and Cynthia Howell, RKT

