



## APTA

100 Years (1921-2021)

100 Milestones of Physical Therapy

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# POWERING HEALTH & WELLNESS

 Podcast



## Investing in Your Physical Health and Mobility with John Hawes

*CEO of RPM Rehab John Hawes shares the wealth of knowledge he's earned from more than 30 years in the physical rehabilitation industry — and the value he sees in taking care of your body today.*

With decades of experience in medical rehabilitation services, John Hawes has witnessed the magic of physical therapy at work. Years ago, the CEO of RPM Rehab challenged himself to learn everything he could about healthcare in order to make the most impact.

“I read every article, I read every journal, I listened to every smart person I could find to talk with. And I actively sought out conversations with people to engage in this conversation on what's going on,” said Hawes.

In this episode of RPM Rehab, Hawes shares what he learned with us and introduces the wide range of potential that lies in physical therapy and prioritizing your physical health and mobility.

Read the Full Article



<https://rpmrehab.com/podcast/investing-in-your-physical-health-and-mobility-with-john-hawes/>

## Patient Testimonial



My name is Shane Hart, I am 39 years old. My personal healing philosophy is to make an improvement in myself every day, whether large or small, and make a positive impact in someone else's life.

For the last 12 years, I've been dealing with chronic back pain. After several surgeries this resulted in me being wheel chair bound and told I would never walk again. Needing the support of my family, I moved from Boston to Yakima to continue my rehab journey. Thanks to Greg Bickel, I was referred to Cascade Summit Physical Therapy. I have the pleasure of working with two physical therapists, Michele Jacobs and Andy Martin, as well as one Occupational Therapist, Benjie Pease. Even though it's therapy, I actually enjoy my sessions! The therapists and staff are kind, attentive and are very personable. When I walk in the door, they greet me by name and make me feel comfortable. The therapists give me encouragement and clear direction in my therapy. They work in tandem with one another for a holistic team approach to my therapy in the pool and in the gym. I would recommend Cascade Summit Physical Therapy for your therapy needs!

*Physical therapists are **movement experts** who improve quality of life through prescribed exercise, hands-on care, and patient education. Physical therapists examine each person and then develop a treatment plan to improve their ability to move, reduce or manage pain, restore function, and prevent disability.*

*Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.*

# RPM Rehab Aquatic Therapy - Overview

RPM Rehab Aquatic Therapy provides a soothing, weightless warm water environment that promotes healing together with increasing strength and flexibility through functional exercises.

Our aquatic therapy patients report faster and less painful recoveries by initiating their treatment with aquatic Physical Therapy before progressing to land-based Physical Therapy.

## **Our Aquatic Therapy facilities are designed to optimize recovery with features including:**

- Indoor 92 degree therapeutic pool
- Safety handrails for pool entry
- Zero Impact Deep Water area for complete decompression of the joints and body
- Pool depths to accommodate a variety of functional exercises
- Specialty aquatic equipment for resistance training
- Easy access to the facility and pool

## **Benefits of Aquatic Physical Therapy**

Aquatic Physical Therapy is a highly effective form of Physical Therapy that encompasses the whole body, not just one injured area. For some patients, traditional land exercises are too painful, often because of a recent injury or surgery. Others, with chronic conditions like fibromyalgia and arthritis, have difficulty with traditional physical therapy.

## **Aquatic Physical Therapy offers many benefits to accelerate healing, including:**

- Warm water relaxes muscles and promotes circulation, increasing blood flow to areas of the body that need healing.
- Buoyancy and weightlessness allow strengthening exercises to be performed without causing further damage to the injured area
- Less pain and fear with movement
- Reduced swelling
- Improved flexibility
- Greater range of motion in the buoyancy assisted environment
- The ability to perform more exercises with less pain increases our patient's confidence and creates a positive outlook which assists the healing process.

## **Conditions that benefit from Aquatic Physical Therapy include but are not limited to:**

- Post operative spine, total joint replacements, knee, shoulder and foot surgeries
- Decreased weight bearing ability, difficulty walking
- Covid-19 Long Term Recovery
- Sports injuries requiring quick recovery time
- Chronic conditions including fibromyalgia, Complex Regional Pain Syndrome, Ehler's Danlos Syndrome, arthritis and others
- Work injuries
- Motor vehicle accidents
- Neck and back injuries
- Peripheral neuropathy/peripheral nerve injuries/post-surgical peripheral nerve rehabilitation
- Cancer pain and fatigue
- Cardiac patients needing reconditioning
- Many women's health issues including pre-delivery/post-delivery, pelvic floor rehab, SI Dysfunction, breast cancer rehab and core strengthening.

## **CDC and Aquatics**

CDC is not aware of any scientific reports of the virus that causes COVID-19 spreading to people through the water in pools, hot tubs, water playgrounds, or other treated aquatic venues.

# A Note from the CEO: Powering Health, Wellness and Recovery

The Healthcare industry is transforming in paradigm shifting ways. Historically, healthcare has focused on treating injury, illness and disease. That is changing to an approach of actually caring for and optimizing health and wellness. This growing new approach recognizes health as the most valuable asset each of us possesses, and that care for health, in other words actual Health-care, needs to emphasize optimizing the returns we each get from our personal health assets.

Within this changing healthcare environment, Rehab Professionals, especially Physical Therapists, are ideally trained to provide care for and maintain individual's health and well-being and optimize their personal health assets, in addition to providing the care needed to restore function that may be lost following episodes of injury, illness or resulting from disease. Range of motion, quality of movement, movement control and function are key health assets. Physical Therapists are experts in movement. Complete, healthy movement is critical for complete and optimal health. For example, complete and healthy movement effects activity levels. Complete mobility, full activity levels and regular exercise are necessary to prevent chronic conditions such as hypertension, diabetes and obesity. Movement is necessary for a healthy heart, for healthy respiratory function and healthy Musculoskeletal strength and function. Physical Therapists are involved in working with all of these conditions.

Rehabilitation professionals frequently work with people to manage chronic conditions to help optimize quality of life even with these chronic conditions (e.g. back and neck pain; arthritis; structural problems of joints; balance). Physical Therapists work with people of all ages (from newborns to the elderly) and with a wide range of reasons and causes for conditions, some from illness, injury or disease (sports injuries, work injuries, overuse or repetitive use injuries, strokes, cancer, women's health issues, post-Covid etc.) and some for maintenance or improvement of base strength, performance and function levels (i.e. athletic training, injury prevention, fall prevention, functional assessments)

Within the changing healthcare environment, Physical Therapists, are now seen as Musculoskeletal Primary Care Providers. A growing body of evidence continues to support the benefit of the role of Physical Therapists as the first point of contact for treatment of patients with chronic musculoskeletal conditions. Patients seeing the PT as the entry point to the healthcare system can accelerate their recovery process and experience cost savings.

Since February 2020, we have been living in a world defined, to a large extent, by the global Covid-19 pandemic. The healthcare system has faced significant challenges from this pandemic. Physical Therapists have been on the front lines of service delivery to and care for Covid-19 patients, and have played a crucial role in the recoveries of these patients. Our therapists are now working with many people experiencing the long-term effects of Covid illness as well as older people who were sedentary, stuck at home, during prolonged periods of quarantine.

I am so proud of the amazing work being done by our therapy teams working in hospital, clinic and long-term care settings. I am humbled by the courage, compassion, strength and dedication they have shown over the many months of the pandemic. I am honored to have the opportunity to work with these skilled, dedicated professionals, and pleased to be able to introduce them and their stories to you through this Newsletter.

We find ourselves on the threshold of what we hope will be the wind-down of the pandemic and increasing return to activities and rhythms of living in a post-Covid environment. We are excited about the promise of great things ahead of us. Along with that, we are excited to introduce this first issue of our monthly Newsletter. We hope you will find it interesting and informative. We are also excited about the launch this month of our podcast "Powering Health and Wellness with RPM Rehab". We invite you to join us for that on your favorite outlet for listening to podcasts or by accessing the podcast via our website ([www.rpmrehab.com](http://www.rpmrehab.com)).

Be well and Power On!

John Hawes  
*President and CEO*  
Rehab Practice Management