



Discover the Benefits of Medical Fitness

You could say that Shirley Smith of St. Joseph is a veteran of Lakeland's Medical Fitness program. She's participated on four separate occasions: after total replacements of her left knee, right knee, and left shoulder; and after her right shoulder ball joint was replaced.

"I always stopped coming until this last time," says Shirley. "After my most recent surgery, I decided to stay with the program. I've been in it for more than a year, following physical therapy for my shoulder, and it's made a big difference."

Lakeland's Medical Fitness program provides care for clients with physical impairments. People with medical risk factors resulting from injury, illness, disease, disability, or age enter the program with the goal of returning to optimal health.

"Participants in the Medical Fitness program receive thorough, one-on-one fitness instruction and training on correct exercise techniques," says Mark Russell, Manager of Orthopedic Physical Therapy. "The medical fitness staff is always available for individual or group training, including questions concerning exercise programs and physical assistance."

Cardiovascular disease, diabetes, osteoporosis, arthritis, orthopedic injuries, obesity-related problems, and difficulties relating to growing older are typical reasons people join the Medical Fitness program. A medical release from your doctor is needed to ensure it is safe to begin exercising. Self-referral to the program is also possible.

Medically trained professionals conduct a fitness assessment for each client, using the latest technology to test for strength, flexibility, cardiovascular endurance, body

composition, and balance.

"I joined the program for motivation, to see other people exercise. You may not lose a lot of weight with Medical Fitness, but you will lose fat and create more muscle mass, which makes you more healthy," says Shirley. "I notice the results in my knees. Even if they are stiff or sore, they feel much better after I exercise." ●

Interested in learning more about the Lakeland Medical Fitness Program? Call Lakeland Orthopedic Physical Therapy at (269) 556-7150.



Julie Legault, Certified Athletic Trainer, helps Shirley Smith work out as part of Lakeland's Medical Fitness program.