



Verdugo Hills
HOSPITAL

News

For Immediate Release

Contact:

Celine Petrossian
818.952.2213

Program Helps Seniors Regain Mobility in Fun Environment

(GLENDALE, CA – March 17, 2008) – From strength training to balance and coordination exercises, *Get Up & Go* classes at Verdugo Hills Hospital (VHH) help senior members of the community regain their balance and maintain their strength and mobility.

Taught by a licensed physical therapist, *Get Up & Go* group classes are held Tuesdays and Fridays from 2:30 – 3:30 pm for 12-week sessions at the Hospital’s Council Room (located on the 4th floor lobby). Each class targets seniors who need a regular-based exercise program with medical supervision – and focuses on strength, balance and coordination.

“It is a great amount of exercise,” said La Cañada resident Mary Irwin, who has enrolled in the *Get Up & Go* program. “It takes in all things, including weight training, balance and flexibility. The planning and camaraderie is great and can’t be beat, and they play the greatest music ever.”

“Research and our program demonstrate that in order for seniors to continue to benefit from their balance sessions, they must maintain their strength and mobility on an ongoing basis,” said Laura Knowles, Director of Physical Medicine and Rehabilitation at VHH. “This program is designed for those who have completed a falls risk reduction program and are at a level where Medicare will not reimburse for maintaining their advances and for those who may need more help and assistance than an independent exercise program in a gym.”

- MORE -

The *Get Up & Go* program has grown out of a need discovered while working with seniors in the Hospital's *A Balanced Life* falls prevention program, which treats patients of all ages who are at a high risk of falling by offering a customized physical therapy program and in-home risk assessments. In 2007, *A Balanced Life* program made the leap into vestibular rehabilitation to treat patients who suffer from dizziness or disequilibrium, after receiving funding from UniHealth Foundation, The Green Foundation, Burbank Healthcare Foundation and Glendale Community Foundation. A computerized balance machine is now available in the Physical Medicine and Rehabilitation Department to help quantify and improve a patient's balance and stability.

Reservations are required for the *Get Up & Go* classes. For information about enrollment, please call 818.952.2294. VHH is located at 1812 Verdugo Blvd. in Glendale 91208.

About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted "Foothill's Best Hospital" for 2007 by readers of the *Glendale News-Press*. Several physicians on staff also received recognition as the best in the community, including: Dr. Scott W. Beeve, Foothills Best Ophthalmologist; Dr. Allan W. Perry, Jr., Foothills Best Plastic Surgeon; Dr. Richard L. Rupp, Foothills Best Podiatrist; Dr. William F. Schubert, Foothills Best Family Physician; Dr. Jane S. Wada, Foothills Best Dermatologist; and Dr. Ronald D. Woodard, Foothills Best Obstetrician/Gynecologist. For more information, please visit www.vhhospital.org.

###

