

For *Healthwise* March 26, 2008

Wii-hab at Cortland Regional Medical Center
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The future is now; Wii has landed at Cortland Regional Medical Center! The popular gaming system from Nintendo is now the latest treatment tool being used by the Physical Rehabilitation Department at CRMC. The game system uses a wireless remote to control the multiple games available for the unit. The required movement to control the game on the screen is what makes this game a valuable asset to rehabilitation. The games require realistic movements in order to work, unlike other systems that require only buttons to operate.

Wii is being used at CRMC with all age ranges, making it a versatile rehab tool. In addition to muscle strengthening and hand eye coordination Wii helps improve endurance, balance, and trunk control in pediatric populations where gross and fine motor skills deficiencies make up the majority of diagnosis. With the interaction of age appropriate games and other therapy tools it offers an alternative to the conventional therapy methods and promotes a fun way to meet pediatric goals.

Wii makes a captive audience out of the teenage/young adult population. Most patients seen in this age range are sports or accident related injuries. Patients in this population are usually in a great deal of pain and become frustrated with the recovery process and traditional therapy exercises, causing decreased compliance.

Wii helps detract from the boredom and monotony of therapy exercises. The games help to disguise the pain associated with rigorous therapy sessions.

What better way to get back on the links or the lake than to practice the simulated real thing in therapy? Wii offers the injured adult real time practice in a controlled environment during the course of therapy. Whether it is golf, bowling, tennis or fishing Wii offers various options to those eager to pick up where their lives left off after an injury.

Perhaps the last thing you would expect for therapy for the older adult would be playing video games. However the benefits of Wii with the golden generation cannot be understated. This population may be recovering from joint replacements, strokes, or a recent hospital stay that caused de-conditioning. Wii can be modified so that in the beginning stage of recovery a patient can use it in a sitting position and later advance to a standing position. It allows for balance training, general exercise, and advanced mobility skills. It promotes movement while engaging in a functional activity. These skills then can later be translated to real life activities after therapy is completed.

Every discipline is looking for the next best thing. Wii have it, Wii is rated E for everyone, it benefits all ages! Come experience the new generation of therapy at Cortland Regional Medical Center. Call 756-3606 to set up an appointment or for additional information.

