

Genesis Is Building Physical Therapy And Sports Rehabilitation Facility

Written by Craig Cooper
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DAVENPORT, Iowa -- Aug. 7, 2012 -- Genesis Health System and development partner Build To Suit, Bettendorf, have broken ground for a 10,500-square foot building that will house the Genesis Center for Physical Therapy and Sports Rehabilitation at Eastern Avenue and 53rd Street.

Treatment options new to the region will include underwater and anti-gravity treadmills to expedite recovery after surgery or injury.

"This facility will have features unlike any now available in the region for recovery from injury or surgery," said Doug Boleyn, outpatient rehabilitation services director, Genesis Health System. "We will also have an emphasis on recovery of athletes or anyone who has suffered an injury while participating in sports."

The underwater treadmill allows individuals to maximize their recovery potential by returning to functional training, such as walking, running and swimming much earlier in their recovery process and, with significantly less pain. Having the ability to adjust water temperature will allow for muscle relaxation and reduction of joint stiffness with warm temperatures and swelling control with cooler temperatures.

The underwater treadmill will be equipped with video analysis. Swimmers will be able to swim against resistance and runners will be able to train while having mechanics videotaped to decrease the possibility of future injuries and maximize performance.

An anti-gravity treadmill, developed by NASA, uses air pressure in a chamber to gently lift the user and is used primarily for rehabilitation of lower extremity injuries and athletic training.

The facility will have higher ceiling height, a pitching mound, golf net, running lanes and a lounge called the Chill Zone for cool down after workouts. The features will allow athletes greater opportunity for a quicker return to competitive athletics. Sports-specific training will be available.

The Genesis Rehabilitation staff will continue to provide one-on-one individualized care for both acute and chronic pain. Services include treatment for muscle, bone and joint pain, return to

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work training, pre- and post-operative recovery, balance/dizziness dysfunctions and TMJ/headache pain. A certified hand specialist will continue to restore maximal upper extremity function regardless of the degree of the injury.

Paul Boffeli, vice president and project manager for Built To Suit, said he believes the Genesis facility could stimulate additional development in the area.

"There is a lot of opportunity for additional development on 53rd Street and Eastern Avenue. So far, commercial development has been limited, but we think this project may open the area to other projects," Boffeli said.

The building is scheduled to be completed by Jan. 1.

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