

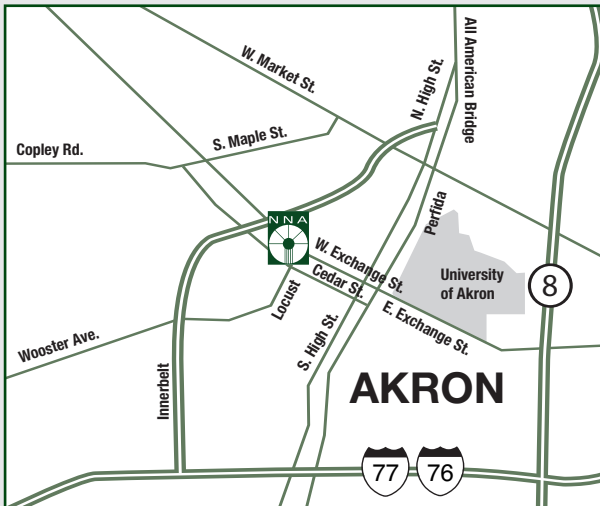


NNA's Neuro-Rehab Facilities

NNA's neuro-rehab complex, conveniently located in its downtown Akron Neuroscience Center, offers a 6,000-square-foot gym with the latest therapy equipment, six private treatment rooms and a warm-water therapy pool.

Virtually all of the rehabilitative services a patient needs are within a few hundred feet of their neurologist's office.

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Neurology & Neuroscience Physicians

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Advanced Practice Nurses

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Ruthann Ferik, MSN CRNP	Ellen Kehl, MSN CRNP
Anthony Gibaldi, MSN CRNP	Kathryn Parker, MSN CRNP
Stephanie Hartman, MSN APRN BC	Jennifer Woods, MSN CCNS

Our Office Locations

Akron	Hudson
Belden Village	Medina
Brunswick	Ravenna
Green	West Akron

Our Hospital Privileges

Akron City Hospital	Medina General Hospital
Akron General Medical Center	Robinson Memorial Hospital
Cuyahoga Falls General Hospital	St. Thomas Hospital



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Aquatic Therapy at NNA



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Aquatic therapy can make a significant difference in patients' quality of life

Aquatic therapy is a rehabilitative exercise program using the physical properties of water to assist in patient healing and enhance functional performance.

Patients diagnosed with a variety of neurological disorders find that aquatic therapy can make a significant difference in their quality of life at home, at work and in the community.

Patients with all levels of disability have easy access to Neurology & Neuroscience Associates' (NNA) 4,000-gallon warm-water aqua-therapy pool via hydraulic lift or stairs with handrail.

Alleviate specific physical deficits

Following an evaluation, NNA's neuro-rehab staff identifies compensatory techniques and adaptive equipment to alleviate specific physical deficits and maximize the patient's ability to perform daily activities.

Each patient's aquatic therapy program is custom designed by a licensed, experienced NNA physical therapist with specialized expertise in neuro-rehabilitation. Patients perform their individualized aquatic therapy program with guidance from NNA's trained, caring team of therapists.

Referring physicians receive initial and subsequent progress reports in a timely fashion.

Fast answers to important questions

Should questions arise during a therapy session, an integrated e-mail system allows therapists immediate contact with physicians—one of the benefits of having multiple services under one roof.

Patients' medical information also is readily available to therapists through NNA's electronic medical records system.

Your partner in neurological health

Aquatic therapy can improve or strengthen the patient's ...

- Ability to relax
- Aerobic fitness
- Circulation
- Functional mobility
- Hip flexor, abs and gluts
- Lower-back pain
- Morale
- Muscle tone/tension
- Postural alignment
- Range of motion
- Respiratory system
- Trunk stability, balance
- Weight-bearing ability
- Alleviate pain

Patients diagnosed with the following medical conditions are potential candidates for aquatic therapy:

fibromyalgia, multiple sclerosis, Guillain-Barre syndrome, stroke, Parkinson's disease, osteoarthritis, obesity, muscular dystrophy, repetitive stress disorders, osteoporosis, pregnancy, joint stress and muscle spasms.

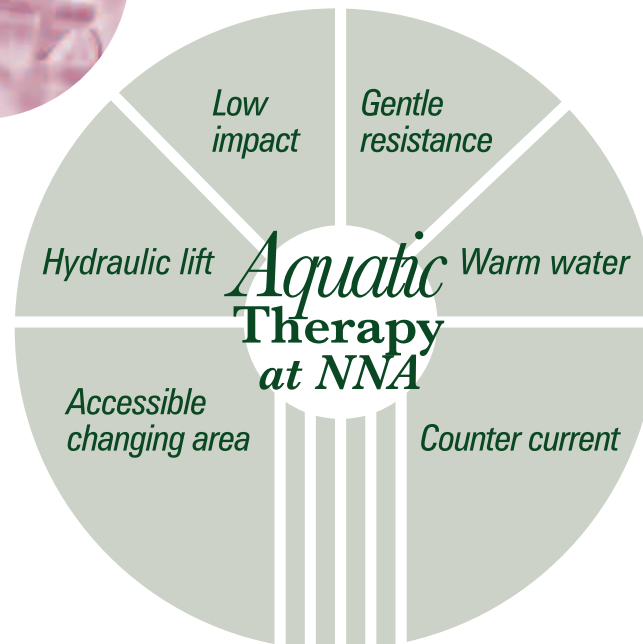
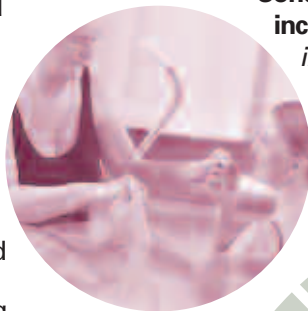
Conditions not appropriate for aquatic therapy

include epilepsy, open wounds, bowel/bladder incontinence, vestibular disorders, uncontrolled hypertension, blood clot, severe heart disease, active infections and fear of water.



Patients benefit from water's physical properties

- **Buoyancy**—Water helps support the patient's weight and reduces the effects of gravity to allow increased movement, stretch and range of motion. Decreasing the amount of pressure on the joints may make exercise easier and less painful to perform.
- **Viscosity**—Water provides resistance for improving muscular strength.
- **Hydrostatic pressure**—Water provides direct pressure against the body, which can help reduce edema while improving circulation and cardiovascular endurance.
- **Warmth**—Warm water allows muscles to relax, which can help reduce pain with movement and reduce tone or spasticity. Warm water can also increase blood flow, sending healing nutrients to and cleansing waste products from injured areas.
- **Turbulence**—Water can help increase balance as the patient stabilizes against the water's movement.



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