

# Blenheim & Pool exercise

## Water Rehab



If you had a hip replaced, or work done on your shoulder bone or spine, the next stage may have been a trip down the hall for what was called rehabilitation.

Elizabeth Fox, a specialist in restoration following surgery or an invasive illness, is involved in water rehab in the Blenheim pool. (Only the bigger hospitals have the benefit of a tank or pool big enough for this. The others have to settle for 'dry' workouts.)

Elizabeth is a native of Blenheim, daughter of Bob and Lynn Fox. Her father was principal of Blenheim High School. Following graduation there, Elizabeth earned an honours BA in Kinesiology--which has to do with movements related to muscles, tendons and bones. Then she earned a BSc in physiotherapy. (Abbreviated, this is written BA (Hon) Kin, BScPT).

She is employed as a physiotherapist in a private clinic in London, and the same at Victoria Hospital. In addition to this and some private practice, she spends 3 to 8:30 p.m. every Thursday at the Blenheim pool.

Her efforts there consist of work on patients who had an injury, a stroke, joint replacement or a weakening condition as a result of arthritis, Parkinson's Disease, multiple sclerosis, osteoporosis, fibromyalgia or some other physically limiting condition.

She gets in the pool with these folk, and directs them, with the considerable aid of water buoyancy, to do beneficial exercises. One might say, legs, arms, necks, torso are reconditioned--hoist a flag!

Among the rehab patients who sing Miss Fox's praises, not only for class workouts, but for one-on-one help are Jack Sparks and Sandra Rumble, following a stroke in each case, and Frances Bedard, following two hip replacements.

Jack's wife, Jean, says, "She is fantastic. Anyone with a problem of locomotion should get into the pool with her." Jack had a later heart attack. As soon as he can get back he will do so.

When Elizabeth asked Sandra what she hoped to achieve, Sandra said, "I just want to be able to walk down the isle without braces at my son's wedding." She did. "Water exercise makes a difference--it removes the pain. If I miss a session I know the difference," she says.

Mrs. Bedford, in addition to a second hip replacement, had painful fibromyalgia. She says, "Elizabeth has helped me immensely. I can walk farther and I no longer need pain pills."

A.A.