

National Lymphedema  
Network Sponsoring  
Treatment Center

## Lymphedema Management Program



 Valley Medical Center  
Rehabilitation Services

### **What is Lymphedema?**

Lymphedema is characterized by swelling and fluid accumulation in the head, arm, leg, and/or trunk.

The first signs of lymphedema are:

- ◆ Heaviness
- ◆ Aching
- ◆ Burning
- ◆ Stiffness
- ◆ Tight clothing or jewelry

Lymphedema has a variety of causes, including:

- ◆ Surgery
- ◆ Trauma
- ◆ Radiation
- ◆ Chronic venous problems
- ◆ Heredity

Because early treatment is crucial, it is imperative that individuals in high-risk situations understand the symptoms and implications of lymphedema.

### *How Lymphedema Is Treated*

If you discover that you have lymphedema, the rehabilitation team at Valley can help you to decrease the swelling and discomfort that you experience. Lymphedema is most effectively managed with a combination of treatments called Complex Decongestive Therapy. This internationally recognized approach consists of the following treatments:

- ◆ Manual lymph drainage to stimulate and redirect lymph flow through specialized massage
- ◆ Compression with bandaging, garments, and occasionally pumps
- ◆ Exercise to assist the muscle pump to move fluid and to improve motion and strength
- ◆ Skin care to maintain healthy tissue and prevent infection

Skilled therapists, certified by a 175-hour training course, provide this specialized care. They will design a program to meet your needs, whether it's for early management and education or intensive daily therapy.

### *Because We Want You To Understand Your Own Body*

The Lymphedema Management Program is dedicated to educating you about your condition and teaching you



**To Make an Appointment**

For ongoing treatment and payment by your insurance carrier, a referral from your healthcare provider is required. Discuss your concerns with your provider and ask for a therapy referral for Lymphedema Management.

The Lymphedema Management Program is part of Valley Medical Center's Rehabilitation Services and is open Monday through Friday from 7:30 am to 5:00 pm.

To schedule an appointment, call 425.656.4049.



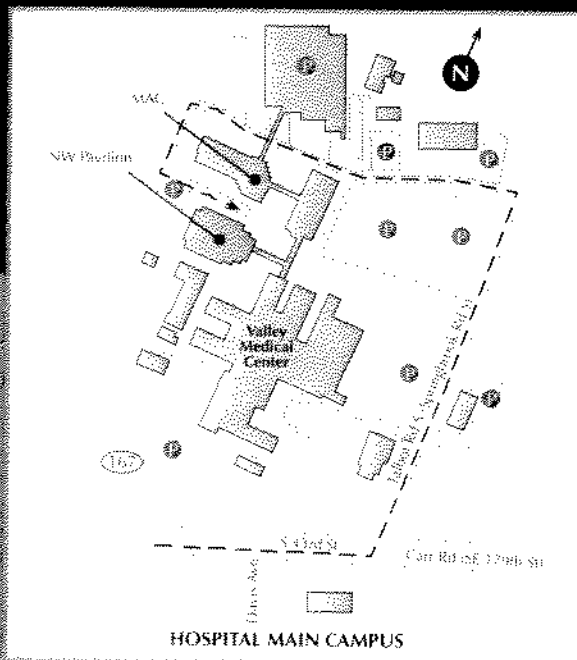
how to manage it independently. While lymphedema is a chronic condition, it is very manageable,

especially in its early stages. Our program will educate you in areas such as self-massage, exercise, and use of appropriate compression. We also provide information about community resources and prevention strategies.

We encourage you to bring a family member or friend to your treatment sessions so they can learn about your condition and assist you as needed.

### Payment Options

The insurance verification and authorization staff at Valley Medical Center will assist you with your insurance coverage. You may also contact your insurance company directly regarding your policy's specific coverage components.



### VMC Hand Therapy Clinic

Northwest Pavilion, Ground Floor  
400 S 43rd St  
Renton, WA 98055  
425.656.4049

### Driving Directions:

Take I-5 North, then take Highway 167 South to the first exit (South 41<sup>st</sup>/180<sup>th</sup> Street) and turn left at the light at the end of the off-ramp. Turn left onto 41<sup>st</sup>/180<sup>th</sup> Street. Proceed straight to the top of the hill and turn left at the 2<sup>nd</sup> light onto Talbot Road South. Turn left at the third entrance of VMC's campus and proceed down the hill. The Medical Arts Center (MAC) is on your left and the parking garage is on your right. Continue driving, pass under sky bridge and take the first left into our parking area.

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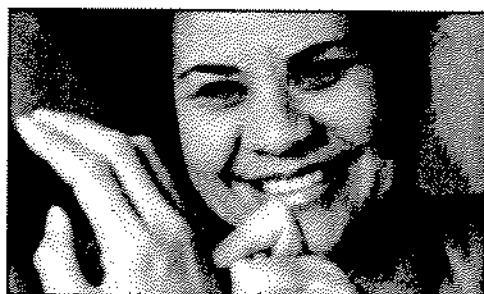
Lymphedema Management Program

400 S 43rd St  
PO Box 50010  
Renton, WA 98058-5010



# REHABILITATION SERVICES

*Come be a Part of Our Team!*



## **Outpatient Services**

- Hand and Upper Extremity Clinic
- Orthopedic and Sports Rehabilitation
- Neurologic Rehabilitation
- Vocational Rehabilitation
- Driver's Assessment Program
- Vestibular Rehabilitation
- Aquatic Therapy
- Lymphedema
- Female Urinary Incontinence
- Modified Barium Swallow Tests
- Voice Therapy
- Ergonomic Evaluations
- Work Conditioning – Work Hardening
- Physical Performance Testing
- Numerous Other Programs and Services

## **Inpatient Services**

- Acute Care
- The Joint Center
- The Stroke Center
- Medical/Surgical Service
- Orthopedics/General Medical Unit
- CCU/ICU
- Modified Barium Swallow Tests

## **Remarkable things happen here.**

Valley Medical Center's rehabilitation team assures excellence in patient care delivery. Occupational therapists, physical therapists, and speech-language pathologists provide individualized evaluations and treatment to meet each patient's needs. Staff members collaborate with the patient, families, caregivers and our physicians to build innovative and comprehensive programs.

Our staff-driven programs are enhanced by our professional development track, allowing us the opportunity to create unique, evidenced-based practices that meet the needs of our community. All of this, along with Valley Medical Center's numerous national certifications and awards for excellence in healthcare, makes Rehabilitation Services a remarkable place to be. Come be part of the momentum!



*For more information on joining  
Valley Medical Center's  
Rehabilitation Services team, call  
425.251.5160 / 1.800.345.1005  
or apply online at  
[www.valleymed.org](http://www.valleymed.org).*

REHABILITATION SERVICES  
 Valley Medical Center

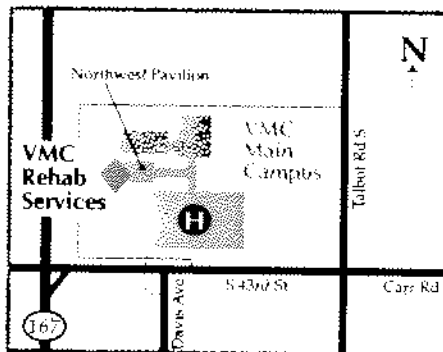
## About Valley Medical Center

Founded in 1947 as the first public hospital district in the state of Washington, Valley Medical Center is committed to excellence and cutting-edge technology within the context of family-centered healthcare. VMC has more than 100 departments and a network of more than 18 specialty and neighborhood primary and urgent care clinics – remaining the largest public hospital district in the state.



From newborns to the elderly, VMC cares for individuals and families throughout their lives. Our strength as a healthcare provider stems from the talented and caring individuals who work here. *Washington CEO* magazine ranked Valley Medical Center as one of the state's Best Companies to Work For – six years running. Our total compensation program is widely recognized as one of the best in our region's medical community.

If teamwork, compassion, and commitment to excellence are values that you share, then come be a part of our team! VMC's local, regional, and national recognition, accompanied by our competitive salary and generous benefits, make Valley Medical Center a remarkable place to be!



**VMC Rehabilitation Services**  
Northwest Pavilion  
400 S 43rd St  
Renton, WA 98055

**Remarkable things happen here. Come be a part of our team! For more information call Human Resources at 425.251.5160 / 1.800.345.1005 or apply online at [www.valleymed.org](http://www.valleymed.org).**



Best Companies To Work For in Washington State—2002, 2003, 2004, 2005, 2006 & 2007  
*Washington CEO*



Joint Surgery Excellence—2007  
*HealthGrades*

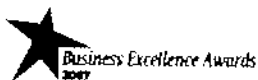
Orthopedic Surgery Excellence—2005, 2006 & 2007  
*HealthGrades*



Best Places to Work in the Seattle Area—2007  
*Seattle Business Monthly*



Best Workplaces in Healthcare in the United States—2006  
*Premier Workplaces*



Business Excellence—2007  
*Repton Chamber of Commerce*

# CHILDREN'S THERAPY

*Come be a Part of Our Team!*



## Outpatient Services

- Individual Evaluation and Treatment
- Feeding Assessment and Therapy
- Feeding Groups
- Social Skills and Play Groups
- Lego® Group
- Animal-assisted Therapy
- Sensorimotor Integration
- Aquatic Therapy
- Handwriting Program
- Literacy Program
- Pediatric Modified Barium Swallow Tests
- Autism Clinic
- Neonatal Intensive Care Follow-up Clinic
- Gait Program
- Adaptive Equipment
- Adolescent Program
- Numerous Other Programs and Services

## Inpatient Services

- Neonatal Intensive Care Unit – Level III
- Pediatric Acute Care Unit

## Remarkable things happen here.

Children's Therapy is a state-recognized, hospital-based neurodevelopmental center, providing evaluation and therapy for newborns to young adults up to age 21 with developmental and rehabilitative needs.

Our dedicated and energetic therapy team is staffed by occupational therapists, physical therapists, and speech-language pathologists. Therapists collaborate with children, families/caregivers, and physicians to develop unique, evidence-based treatment and home programs.

Children's Therapy staff cares for children and families in both inpatient and outpatient settings. Our state-of-the art outpatient facility boasts 10,000 square feet of dedicated therapy space, including an indoor playground. The generosity of our donors and a unique relationship with the Starlight Starbright Children's Foundation further enhance our ability to provide family-centered, innovative programs through monetary and in-kind support. If we can dream it, we can do it at Children's Therapy. Come be part of the momentum!



*For more information on joining  
Valley Medical Center's  
Children's Therapy team, call  
425.251.5160 / 1.800.345.1005  
or apply online at  
[www.valleymed.org](http://www.valleymed.org).*

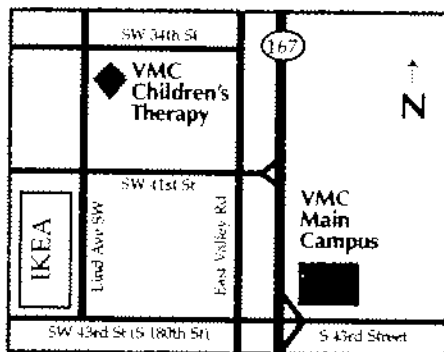
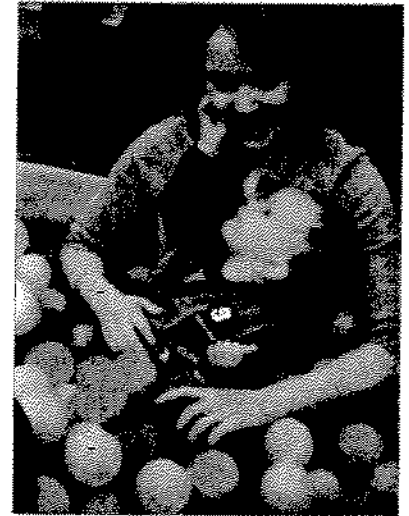
REHABILITATION SERVICES  
 Valley Medical Center

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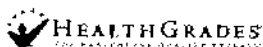


**VMC Children's Therapy**  
Renton Commerce Center  
3600 Lind Ave SW, Ste 160  
Renton, WA 98055

**Remarkable things happen here. Come be a part of our team! For more information call Human Resources at 425.251.5160 / 1.800.345.1005 or apply online at [www.valleymed.org](http://www.valleymed.org).**



Best Companies To Work For in Washington State—2002, 2003, 2004, 2005, 2006 & 2007  
*Washington CEO*



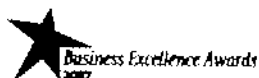
Joint Surgery Excellence—2007  
*HealthGrades*



Orthopedic Surgery Excellence—2005, 2006 & 2007  
*HealthGrades*



Best Places to Work in the Seattle Area—2007  
*Seattle Business Monthly*



Best Workplaces in Healthcare in the United States—2006  
*Premier Workplaces*

Business Excellence—2007  
*Renton Chamber of Commerce*



# REHABILITATION SERVICES



Thank you for your interest in Valley Medical Center Rehabilitation Services! Come join our remarkable team! There are professional growth opportunities in all of our areas of practice.

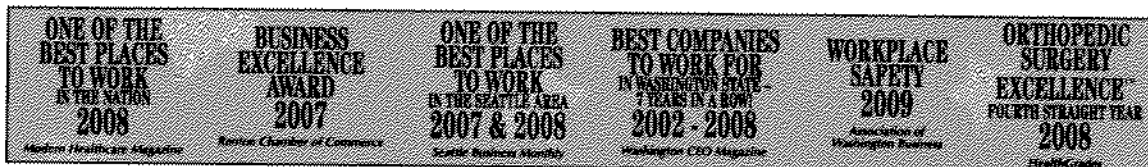
**Our benefits include:** Multidisciplinary Teams  
Remarkable Benefits Package  
Mentoring  
Rotations  
Community Education  
Flexible Scheduling

Competitive Salaries  
Scholarship for New Grads  
Continuing Education  
Professional Development Track  
Student Placement & Supervision  
Fitness Center on Campus

We hope you strongly consider becoming part of our dynamic team. If you have any further questions please contact Human Resources at 1-800-345-1005. We look forward to hearing from you.

A handwritten signature in cursive script that reads "Melinda Glass".

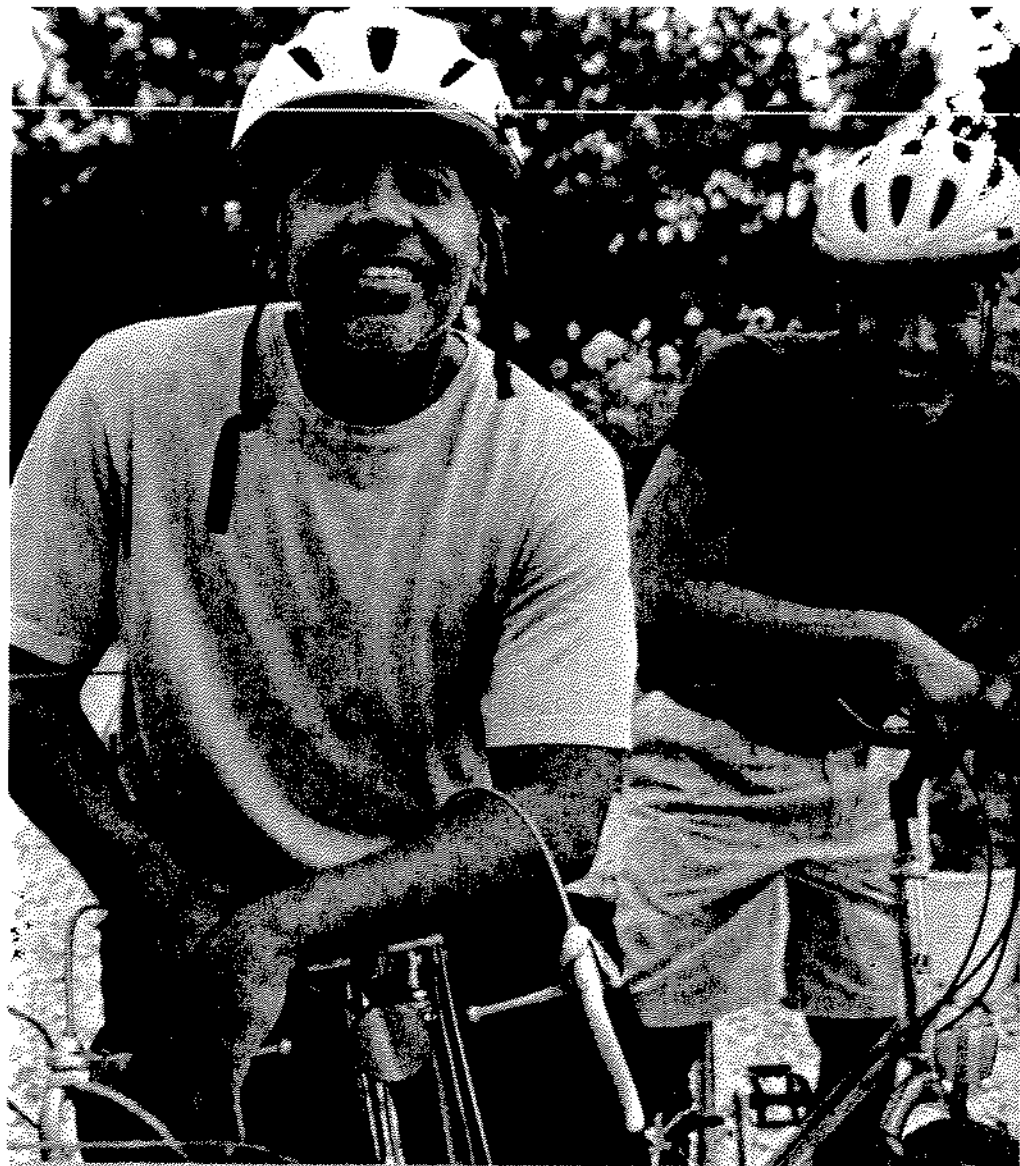
Melinda Glass, OTR/A  
Rehab Services Director



Rehabilitation Services • Physical Therapy • Occupational Therapy • Speech-Language Pathology • Rehabilitation Consultation  
PO Box 50010 • NW Pavilion • 400 S 43rd St • Renton, WA 98058-5010 • phone 425.251.5165 • fax 425.656.4028

Children's Therapy • Physical Therapy • Occupational Therapy • Speech-Language Pathology  
PO Box 50010 • 3600 Lind Ave SW, Ste 160 • Renton, WA 98058-5010 • phone 425.656.4215 • fax 425.656.5075

Wound Care Clinic • PO Box 50010 • NW Pavilion • 400 S 43rd St • Renton, WA 98058-5010  
phone 425.656.5512 • fax 425.656.4028 • [www.valleymed.org](http://www.valleymed.org)



THE JOINT CENTER

 Valley Medical Center

## About Joint Replacement

Arthritis, other degenerative joint diseases, and joint injuries rob people of mobility and independence. Osteoarthritis, a leading cause of disability, affects many people as they age. The pain may become so severe that a person will avoid using the joint, weakening the muscles around it and making movement even more difficult.

Ironically, even athletic baby boomers are not exempt from the pain of aging joints. Active lifestyles may prematurely erode joints, even in those under 60. Patients often suffer needlessly, putting off joint replacement because of fears about pain, a lack of information, or the sense they are "just too young."



## About Computer-Assisted Surgery

Orthopedic surgeons at Valley Medical Center use the latest joint replacement techniques and technology, such as computer-guided imaging. This exciting technology, also called computer-assisted surgery, or CAS, may increase the long-term effectiveness of knee replacements.

CAS helps surgeons align the patient's bones and joint implants with much more accuracy than traditional methods. The computer imaging gives doctors detailed information so they can balance ligaments and analyze bone cuts before making them.

What's the benefit for you? CAS not only gives surgeons greater precision and accuracy, it allows them to see more of the joint's anatomy using a smaller incision. And less-invasive surgery means less bleeding, less pain, and—combined with improved pain management and better therapy—faster recovery.

## Educate Yourself About Joint Replacement

If joint replacement is right for you, how do you decide what surgeon, procedure, or products are best? Proper fit, long-lasting materials, and your health and attitude all play a role in making your joint replacement a success so that you can resume your favorite activities.

The Joint Center at Valley Medical Center is committed to educating patients about available surgical procedures and options. We offer a free DVD about joint replacement, and we hold free informational seminars every week. To register for a seminar or request your free DVD, call 1.888.26JOINT.

For more information about The Joint Center, visit [www.valleymed.org](http://www.valleymed.org).





## About The Joint Center at Valley Medical Center

The Joint Center at Valley Medical Center was the first facility in the Puget Sound area to have a unit dedicated solely to the care of joint replacement patients. The Joint Center's nurses and physical and occupational therapists have special training and experience in treating and caring for joint replacement patients and their families.

- \* The national research group HealthGrades rated The Joint Center number one for orthopedic services in Washington State and in the top 5% nationally.
- \* The Jackson Organization rates The Joint Center in the 99th percentile nationally for Patient Satisfaction.
- \* The Joint Commission on the Accreditation of Hospitals (JCAHO) has awarded The Joint Center with a Certificate of Distinction.

### Testimonials:

Cliff McCrath - soccer coach and knee replacement patient. "I've got two new knees and I can work with the team again."

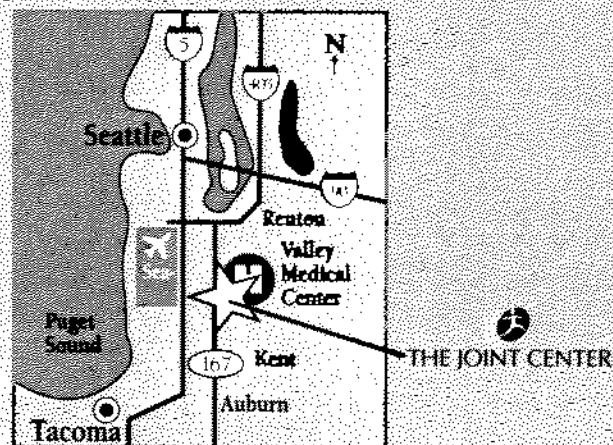


Vickie Harrington - gym owner and hip replacement patient. "I never thought I'd be walking the same day as my surgery. It's worked out so well for me."

## About Valley Medical Center

Founded 50 years ago as the first public hospital district in the state of Washington, Valley Medical Center is committed to excellence and cutting-edge technology within the context of family-centered healthcare. VMC boasts more than 100 departments and 18 specialty and neighborhood primary care clinics.

From newborns to the elderly, VMC cares for individuals and families throughout their lives. In 2004 and 2005, Valley was named by Solucient as one of the Top 100 Hospitals in the United States.



Valley Medical Center

400 South 43rd St  
Renton, WA 98058-5010  
The Joint Center: 1.888.26JOINT  
VMC main phone: 425.228.3450  
[www.valleymed.org](http://www.valleymed.org)

# STROKE CLUB MEETINGS

## 2009 Schedule

**Location:** VMC's Medical Arts Center – First Floor, Conference Center, Room A

**Date/Time:** Tuesdays listed below from 1:30 p.m. – 2:30 p.m.

**Speakers:** Guest speakers and members telling their survival stories

Date	Topic	Speaker
March 31	<i>Ask the Doctor</i> Part I	Cynthia Murphy, MD, Vascular/Stroke Neurologist
April 28	<i>Recreational Activity</i> Choice Advisory Services	Lauren Ward, Elder Care Advisor
May 26	Cognitive Outcomes of Stroke	Erica Brandling-Bennett, MD, Neuropsychologist
June 30	Division of Vocational Rehabilitation	Jim McBay, Vocational Rehab Counselor III
July 28	My Success After Stroke <i>Sharing My Story</i>	Stroke Survivors and Caregivers
August 25	Tai Chi Wii	Marianne Wick, Physical Therapist Shannon Smith, Occupational Therapist
September 29	Brain Games	Vanessa Isom, Speech-Language Pathologist
October 27	Living Well With a Chronic Condition	Kimberley Veilleux, ARNP
November 24	<i>Ask the Doctor</i> Part II	Cynthia Murphy, MD, Vascular/Stroke Neurologist

*Topics are generated by participants and may change from month to month. Stroke survivors and caregivers are welcome. See map on the back. For more information, call 425.251.5165.*

*Sponsored by*

REHABILITATION SERVICES

 Valley Medical Center

# BALANCE PROGRAM

## PHYSICAL THERAPY

### Balance rehabilitation can benefit patients with the following conditions

- ◆ Stroke
- ◆ Multiple Sclerosis
- ◆ Traumatic brain injury
- ◆ Parkinson's disease
- ◆ Vestibular disorders
- ◆ Lower extremity orthopedic conditions
- ◆ Frequent fallers
- ◆ Those who have decreased confidence with balance

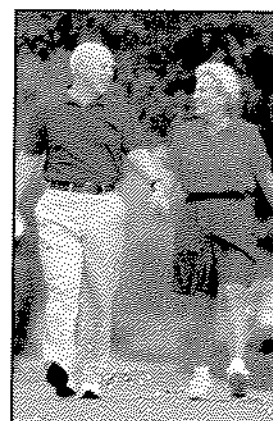
### Treatment includes

- ◆ Exercises to improve range of motion, strength, and walking
- ◆ Assistive devices such as canes or walkers
- ◆ Patient education for in-home modification.

## Balance Rehabilitation and Fall Prevention

The Balance Rehabilitation and Fall Prevention program assesses and addresses the various factors that affect balance. The cornerstone of the program is the Balance Master®, a computerized system that provides standardized testing of balance. This testing includes sensory, motor, and functional components. The physical therapy evaluation also includes an assessment of joint range of motion, muscle strength, coordination, walking, and special tests for fall risk. The goal of all treatment is to maximize each patient's independence and safety with mobility.

An order from a physician or approved healthcare



provider is required for physical therapy evaluation and treatment. The referral may be phoned or faxed to the Rehabilitation Services Department.

*Our balance program team helps patients minimize their risk of falling and resume their normal activities.*

To request a referral or more information, call Valley Medical Center's Rehabilitation Services: 425.251.5165 or fax 425.656.4020

[www.valleymed.org](http://www.valleymed.org)

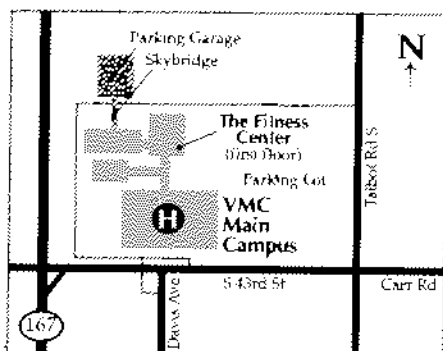
 Valley Medical Center  
Rehabilitation Services

# AQUATIC THERAPY

## VALLEY MEDICAL CENTER PHYSICAL THERAPY

### Details about the aquatic therapy program –

- **Adult Therapy:** You can anticipate six to 12 visits of supervised instruction before progressing to an independent program. Patients must be able to change clothes independently or bring someone with them to help.
- **Children's Therapy:** The program is tailored to the needs of each child and family. Occupational and physical therapy staff work with the child in the pool to help promote development and attain therapy goals. Disposable swim diapers are required for children with incontinence.
- **Location & Hours:** The pools are in the VMC Fitness Center on the first floor of the Talbot Professional Center. Open Monday through Friday. Call for a specific appointment day and time.



For more information or for an appointment, call VMC Physical Therapy 425.251.5165 or VMC Children's Therapy 425.656.4215

[www.valleymed.org](http://www.valleymed.org)

## Taking Physical Therapy Into the Pool

VMC Physical Therapy and Children's Therapy offer aquatic therapy on the main VMC campus. Aquatic therapy promotes strengthening, pain relief, increased circulation, and improved balance through exercise in the water. It is beneficial for individuals experiencing chronic pain, neuromuscular disorders, musculoskeletal disorders, arthritic conditions, and for post-surgical patients.



*Aquatic therapy is used to treat a variety of conditions.*

A prescription for physical therapy is required from your healthcare provider. A physical therapist will perform an initial evaluation and then design a custom treatment plan for your aquatic therapy sessions. Treatment may be exclusively in the pool or combined with therapy in the clinic. The physical therapist will review the pool procedures and guidelines with you at the initial visit. A lap pool and a warm therapeutic pool are used for the program.

We strive to provide you with the skills and techniques to reach your goals and continue an independent program in the community for lifelong health.

REHABILITATION SERVICES  
 Valley Medical Center



# WORK INJURY PROGRAM

## PHYSICAL AND OCCUPATIONAL THERAPY

### Referral Information

- ◆ A physician or approved healthcare provider's order is required to participate in the Work Conditioning and Work Hardening Programs, the Physical Capacities Evaluations, and the Job Accommodation Plans. The referral may be phoned or faxed to the Rehabilitation Services department.
- ◆ Job and Work Site Analyses and Employee Education classes may be requested directly by an employer. An employee may request these programs, but the employer's approval is required.

## Work Injury Recovery and Prevention

Rehabilitation Services provides therapy aimed at identifying the physical abilities needed to perform specific job tasks and speeding an injured worker's return to work. Intervention may also focus on injury prevention and preemployment matching of a potential employee's physical abilities to a job's physical demands. A multi-disciplinary team of occupational and physical therapists uses many programs to help workers improve their abilities and to help companies keep work forces productive. These include:



*Our work injury rehab team helps return individuals to productive roles in the work force.*

- ◆ Performance-Based Physical Capacities Evaluation
- ◆ Work Tolerance Screens & Fit for Duty Evaluation
- ◆ Job & Work Site Analysis
- ◆ Work Conditioning
- ◆ Work Hardening
- ◆ Job Accommodation Plans
- ◆ On-site Educational Programs

*(See back for program details.)*

To request a referral or more information, call Valley Medical Center's Rehabilitation Services 425.251.5165 or fax 425.656.4028

[www.valleymed.org](http://www.valleymed.org)

 Valley Medical Center  
Rehabilitation Services

(10/05)

# INCONTINENCE PROGRAM VALLEY MEDICAL CENTER PHYSICAL THERAPY

Get your life back with care at Valley Medical Center

## More details about our incontinence program –

People who experience urinary stress and/or urge incontinence can show improvement with this retraining technique in as few as six weekly treatment visits. Treatment focuses on:

- ◆ Bladder function education
- ◆ Pelvic floor muscle strengthening through specialized exercise
- ◆ Bladder re-education and urge control education
- ◆ Developing a program to promote maintenance of bladder control

## Regain bladder control through physical therapy

Do you urinate more than every two hours in the daytime? Do you rush to go to the toilet to empty your bladder? Do you have bladder accidents with coughing or sneezing? If you answered yes to any of these questions, the physical therapy department at VMC can help. Bladder dysfunction does not have to be a normal part of aging or the post-partum process. Regain your independence and control of your symptoms through Valley Medical Center's urinary incontinence program.

We provide an effective, non-surgical treatment option for urinary incontinence. The goals of therapy are to strengthen the pelvic floor musculature and to retrain the bladder to return



to a more normal and convenient pattern of urinating. The therapist will work closely with your physician in regards to your medical history or medications prescribed for the incontinence.

*We are committed to giving you the therapy you need to help manage your bladder control and regain your independence.*

For more information, please call Valley Medical Center's Rehabilitation Services:  
**(425) 251-5165**

[www.valleymed.org](http://www.valleymed.org)

 **Valley Medical Center**  
Rehabilitation Services

# BIKE HELMET FITTINGS

**Enjoy Biking. Ride Safely.**



Safe bicycle adventures begin by gearing up properly. Our staff and volunteers are happy to provide a new helmet with a perfect fit.

## **Bike Helmet Fitting Schedule**

Helmet fittings are scheduled on the first Monday of the months, March through October. Fittings falling on a holiday will be rescheduled to the second Monday of the month. The program does not run November through February.

**1st Monday**

**March-October 3 to 7 pm**

**For more information, call  
425.656.5577**

*Valley Medical Center extends  
special thanks to all the volunteers  
who help fit helmets every month.*

[www.valleymed.org](http://www.valleymed.org)

## **Wear a Helmet, Stay Safe**

Valley Medical Center's popular Bike Helmet Fitting Program has been serving the community since 1998. VMC and its dedicated volunteers are committed to promoting safe, healthy activities. A properly fit bike helmet is the most effective means for preventing and reducing the severity of head injury while biking, skating, or on a scooter. Valley Medical Center offers helmet fittings at the Children's Therapy Department, located at 3600 Lind Ave. SW, Suite 160 in Renton (near Ikea).

### **Nominal Fee**

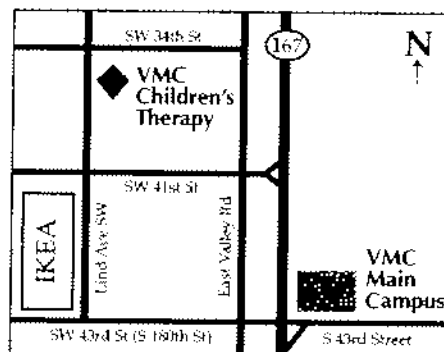
There is a fee of \$8. The Bike Helmet Fitting Program does not accept debit or credit card payments. A custom-fit helmet is available to anyone over the age of one. The helmet recipient must be present to receive a helmet. **No Head, No Helmet!** Adults included.

### **Driving Directions to VMC Children's Therapy From the North**

From Highway 167 (Valley Freeway) take the SW 41st Street exit. Continue on SW 41st Street. Turn right onto Lind Avenue SW. VMC Children's Therapy is on the right after the intersection with SW 39th Street. Signs will lead to the bike helmet entrance, located to the left of the main Children's Therapy entrance.

### **From the South**

From Highway 167 (Valley Freeway) take the SW 43rd Street exit. Turn left (west) on SW 43rd Street. Turn right onto Lind Avenue SW. VMC Children's Therapy is on the right after the intersection with SW 39th Street. Signs will lead to the bike helmet entrance, located to the left of the main Children's Therapy entrance.



**VMC Children's Therapy**  
Renton Commerce Center  
3600 Lind Ave SW, Ste 160  
Renton, WA 98055

## FITNESS CENTER MEMBERSHIP INFORMATION

### Fitness Specialists and Exercise Programs to Meet Your Needs

At Valley Fitness Center, the staff is made up of a team of medical and exercise professionals. The expertise of each team member allows the development of programs geared toward general fitness, as well as health and wellness, adult fitness, aerobics, cardiac rehabilitation, those with medical considerations and the needs of those completing therapy programs. A variety of memberships are available to anyone 16 years or older who meet the Fitness Center's medical screening guidelines.

The Fitness Center is dedicated to helping you develop and improve:

- A healthy lifestyle
- Your overall fitness level
- Your ability to participate in recreational activities
- Your functional abilities at home or work
- Your nutritional habits
- Management of daily stress

The Fitness Center is open Monday through Friday from 5:30 a.m. to 9 p.m. and Saturday from 7:30 a.m. to 3:30 p.m. Closed on Sundays and holidays. Please call the Fitness Center with any questions you may have at **425-656-4006**.

### Valley Fitness Center Memberships

**Full Membership:** The program for everyone! Includes unlimited attendance to the Fitness Center and classes. Instructors are available at no additional fee to meet with and design an exercise program based on individual goals and needs of each member.

**Individual exercise programs can be designed to:**

- Improve or maintain general health & fitness
- Aid in weight loss
- Improve functional skills such as balance and coordination
- Improve specific fitness levels of strength, speed, flexibility, power, etc.
- Train for an athletic event
- Improve sport skills (golf, tennis, softball, swimming, etc.)

**Classes include:**

- Power Cycling
- Step Aerobics
- Pilates
- Reebok Final Cuts
- Water Aerobics



THE FITNESS CENTER

Valley Medical Center

*"The brain – is wider than the sky."*

*Emily Dickinson (1830–1886), U.S. poet*



WASHINGTON NEUROSCIENCE INSTITUTE  
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*"The brain is the organ of longevity."*

George Alvaro Sacher (1917-1981)  
Perspectives in Experimental Gerontology

## General Neurology

The WNI Neurology Department's practitioners diagnose and treat numerous conditions that affect the brain, spinal cord, and central nervous system.

Common neurological disorders include: stroke, pain, headache, epilepsy, tremor, sleep disorders, Alzheimer's disease, Parkinson's disease, multiple sclerosis, brain and spinal cord injuries, brain tumors, and amyotrophic lateral sclerosis (Lou Gehrig's disease).

## General Neurosurgery

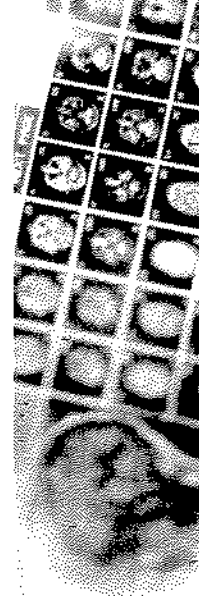
Neurosurgery is the surgical treatment of all illnesses of the brain, spinal cord, central and peripheral nervous system — most often applied when medications have proved ineffective. The WNI offers state-of-the-art image-guided surgery, minimizing time and trauma in the operating room. Stereotactic radiosurgery can be a "no-touch" method of curing brain tumors and providing epileptic seizure control.

## SPECIALIZED PROGRAMS

### Epilepsy Center

In treating epilepsy, WNI specialists strive to provide the highest level of seizure control possible for each

patient. Interventions include pharmacotherapeutic intervention and sometimes surgical intervention.



### Stroke Center

The WNI's Epilepsy Center treats adults and adolescents, using a team approach and rigorous diagnostic testing. The WNI's Epilepsy Center houses a comprehensive EEG video-telemetry inpatient monitoring unit, which allows specialists to make highly detailed seizure-type diagnosis.

### Spine Center

Because the spine is a complex combination of nerves, bone, muscle, and ligament, diagnosing and treating conditions requires unique care. Spine specialists (including neurosurgeons and orthopedic surgeons) are trained to treat problems with the neck (cervical spine), mid back (thoracic spine), and low back (lumbar spine).

### Headache Program

The WNI's Headache Program diagnoses and treats all forms of headaches. Although normally a benign condition, headaches can be an early indicator of systemic or intracranial disease.

### Stroke Center

The WNI's Stroke Center is the recipient of the Gold Seal of Approval from the Joint Commission on Accreditation of Healthcare Organizations.

Its specialists provide acute care (emergency intervention during or immediately after a stroke), rehabilitation and education of both the patient and his or her family.

A cerebral stroke occurs when there is an interruption of blood flow to the brain. A stroke is a medical emergency in which expedient intervention and timely rehabilitation have been shown to improve outcome.

### Headache Program

The WNI's Headache Program diagnoses and treats all forms of headaches. Although normally a benign condition, headaches can be an early indicator of systemic or intracranial disease.

***"Anatomy is destiny."***

*Sigmund Freud (1856–1939)  
Austrian neurologist and psychoanalyst*



A headache is considered primary when a disease or other medical condition does not cause it. Examples of primary headache include tension headache, migraine headache, and cluster headache. Secondary headaches are caused by other medical conditions, such as brain aneurysm, brain tumor, brain infection, stroke, sinusitis, neck injuries or abnormalities, and sleep apnea.

## **Neuro Oncology**

Neuro oncology refers to the treatment of tumors of the brain, spinal cord, and nerves and can include surgery, chemotherapy, and radiation therapy.

All WNI neurosurgeons have extensive experience in brain tumor resection and in direct chemotherapy treatment and other pioneering techniques including stereotactic radiosurgery.

## **MISCELLANEOUS**



## **Imaging**

Neuroimaging is central to the diagnosis and treatment of neurological disorders. The WNI's expertly-trained imaging specialists use a variety of technologies, including: MRI (magnetic resonance imaging — using the powerful 3.0 tesla scanner), fMRI (functional

magnetic resonance imaging), SPECT (single photon emission computed tomography), PET (positron emission tomography), CT (computed tomography — using the advanced 64-channel scanner), and Angiogram (fluoroscopy-guided).

*"We are fortunate to have an exceptionally talented team to provide multi-disciplinary neuroscience services for the region."*

*David Vossler, MD*



## About the Washington Neuroscience Institute

The Washington Neuroscience Institute (WNI) at Valley Medical Center provides regional, pioneering care in the field of neuroscience. The Institute's neurosurgeons, orthopedic surgeons, neurologists, stroke and epilepsy specialists, researchers, technicians and neuropsychologist bring decades of nationally renowned study and practice to this research, education, and treatment center.



Dr. David Vossler is Medical Director of the WNI. He is a national authority on Epilepsy and Clinical Neurophysiology and has authored over 50 scientific articles.

For more information visit  
[www.waneuro.org](http://www.waneuro.org).

## Research

Current research at the WNI focuses on the continuation of Dr. David Vossler's research into better medical and surgical treatments for epilepsy and understanding the causes and types of temporal lobe epilepsy and certain non-epileptic seizures. Other research projects include stroke, headache, and movement disorders.

## Contact Us

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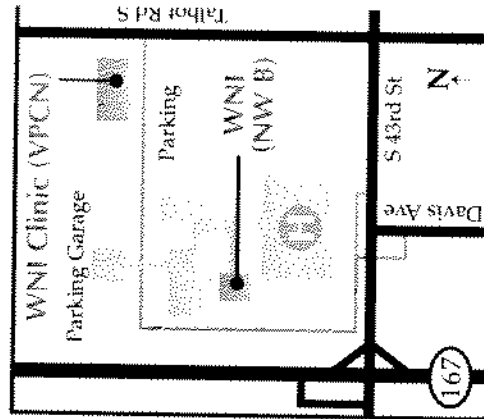
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[www.waneuro.org](http://www.waneuro.org)

## Hours

8am — 5pm, Monday — Friday



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Valley Medical Center

