

**GET THE RESPONSE YOU'RE LOOKING FOR**

ADVERTISE IN BOOMERTIMES & SENIORLIFE



Call Today (800) 230-1904

**TOTAL RECOVERY for TOTAL HIPS**

**H**ave you or a friend had a total hip replacement surgery? Is the way you walk just not the same since the surgery? Getting aquatic therapy to get total recovery could be the best for you!

Most orthopedic surgeons will agree, aquatic therapy is the easiest way to recuperate after a total hip replacement. Aquatic therapy offers a dramatically stronger resistance for the large hip muscles to re-strengthen without causing pain. The surgery itself will cause the muscles to weaken because they are cut during the procedure. Muscles will heal and will need to be strengthened after the surgery. Using aquatic therapy to do this will be faster than regular physical therapy because of the increased resistance offered naturally by water.

Water has 12 times the resistance of air. It turns a 30-minute therapy session into a 60-minute session without any extra effort on your part! You can do the same amount of therapy, 30 minutes, and have the equivalent of a 60-minute treatment session. Also, if you have access to a swimming pool, you can learn exactly what to do on the days you don't have treatment. This will speed up your recovery process. And, you'll feel better!

Being in a swimming pool is naturally relaxing. If the pool is heated (most therapy pools are heated to 88-90 degrees Fahrenheit), the natural response of your body is to relax. When you're relaxed, it's easier to concentrate and accomplish your therapy goals without pain. A physical therapist is ideal to lead you through specific strengthening exercises for your aquatic therapy.

Physical therapists are licensed by

the State of Florida and have special training for the rehabilitation needs of someone who has had a total hip replacement. Occupational therapists are also licensed in the state, and have schooling focusing on function. Both professions require a Masters degree to begin practicing the profession. And, each has a special body of knowledge for you to get better faster. Sometimes one is better than the other, depending on what your needs are at the time.



Dr. Theresa R. Pantanella, OTD

The physical therapist will focus on strengthening your muscles and the way you walk. The occupational therapist will focus on your ability to accomplish your daily tasks. Either one could help you with any balance issues you may incur. Unfortunately, it's not unusual for balance skills to be impaired after a total hip replacement. Balance skills are easily re-learned during aquatic therapy.

Balance skills are the first to develop in aquatic therapy, because the water's natural movement in a swimming pool (caused by the pumps) will push against you, causing you to initiate a balance reaction. Also, a therapist can create additional balance challenges for you, facilitating quick development of balance skills. If you have good balance, your confidence will be good also. Having good confidence will give you the "boost" to get through the rehabilitation process and speed you back to your normal life!

And getting back to normal is what a total recovery after a total hip replacement is all about.

*Dr. Theresa R. Pantanella, OT/L, MPA, OTD is the owner of Florida Aquatic Therapy & Exercise. If you would like more information about this therapy or for individual therapy or group exercise classes, please call Theresa at 954-785-8229.*

**WHAT'S NEW!!**

**Personal Door Lock™ Secures Peace of Mind**

By Anita Finley

Everyone wants to feel safe. A woman at home, in an apartment or condo, or a young person in a school dormitory; each wants the comfort of feeling secure where they live. Too often stories in the news about unwanted entry, or worse, will shake that comfort level. But, that comfort can be assured, whether you are at home or away, with the **Personal Door Lock™**.



The **Personal Door Lock** is a portable deadbolt that adapts to any door and prevents unwanted entry to your home or a room. It works on garage doors, basement doors and even bedroom or bathroom doors. Use it wherever and whenever you want safety or privacy. Made of heavy gauge stainless steel, it offers the strength necessary to keep you secure. The simple design allows it to be put on any door in a matter of seconds without any tools. To remove it, just pull the retaining pin. The **Personal Door Lock** will not be defeated by any known silent-entry burglar methods.

The **Personal Door Lock** is perfect for when you travel, too. Not all hotels, motels, resorts or other accommodations provide real security and

protection from unwanted entry into your room. Doors that appear secure may not be; adjoining room doors may only have simple keyed access; some people intentionally do not turn in keys upon departure; and many people typically have access to master keys, from the staff to contract workers. And, unfortunately, there are people who prey on travelers, and in particular, women, as easy targets for burglary. The **Personal Door Lock** offers unbreakable protection and peace of mind.

After testing this product I am very impressed with its effectiveness, uniqueness and its simplicity. In today's society, this product adds another precaution to one's safety.

The **Personal Door Lock** is small (5 x 2 in.) and light (5 oz.) and comes with an attractive jewelry-style pouch so it can be carried conveniently in a purse or pocket.



Priced at only \$19.95, the Personal Door Lock can provide an invaluable addition to your security comfort level whether you are at home or away.

Personal Door Locks can be obtained online at [www.personaldoorlock.com](http://www.personaldoorlock.com) or by calling 952-240-6794.

**Bridging The Generation Gap**

Generation What?!

I just turned 30, and for those of you who are past that, you can relate. Those of you who aren't there yet...you'll find out!

At 29 I started to dread getting older. Why? My plans, my goals, my future, my retirement. All of these seemed so out of focus and unattainable. I felt like I only had a



Ayiesha S. Wright

day left to accomplish what I'd set out to do.

I was in a state of panic!

Then I started to talk to others around me about what I was going through and this is when I found out, that almost everyone experiences this feeling at some point in their lives, and most

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**Florida Aquatic Therapy & Exercise**

"Unique Therapy and Exercise"

DR. THERESA R. PANTANELLA, OTD, owner

**(954) 785-8229**

[www.watertherapists.com](http://www.watertherapists.com)



Dorothy and Ann get ready for water exercise class

**MEDICARE ASSIGNMENT ACCEPTED!**

**2 NEW LOCATIONS!**

MICHAEL-ANN RUSSELL JCC  
Sanford L. Ziff Campus  
"Indoor Pool"  
North Miami Beach

DELRAY GRANDE  
Delray Beach

PRESIDENTIAL PLACE Hollywood "Indoor Pool" AL#9921  
PARK SUMMIT Coral Springs AL#4917  
BETHESDA Weston ASCH#6905664  
CLASSIC RESIDENCE BY HYATT IN Pompano Beach Hollywood Boca Raton AL#7702 AL#5622 AL#7532

Century Village residents — meet us at the Indoor Pool at the Clubhouse at Century Village East in Deerfield Beach & Century Village in Boca Raton.

Those Other Processing Companies (And we've done the research)



- 1 COMPLETED 1003
- 2 CREDIT REPORT
- 3 SIGNED DISCLOSURES
- 4 LENDER & PROGRAM
- 5 W-2's OR CPA LETTER
- 6 PAY STUBS
- 7 BANK STATEMENTS
- 8 SALES CONTRACT
- 9 APPRAISAL
- 10 TITLE
- 11 INSURANCE
- 12 LOAN PAYOFF'S

- COMPLETED 1003
- CREDIT REPORT
- DESIRED LOAN PROGRAM

**THAT'S IT!**



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