

EZER MIZION

Mr. YANKEL KORNWASSER

HYDROTHERAPY SWIMMING POOL

2009 ACTIVITY REPORT



2009 ACTIVITY REPORT

Table of Contents

Staff Enrichment Program	3
In House Lectures	3
Enrichment at External Therapy Centers	4
Other Courses	4
Pool News	7
Expanded Kupat Cholim Eligibility	7
Serving Other Departments at Ezer Mizion	7
Nursery Tots Benefit from Hydrotherapy Pool	7
A Lift for the Lifted	8
Free Trial Offer	8
On the Horizon	9
Planned Hospital Collaboration	9
Planned Down's Syndrome Hydrotherapy Groups	9
Planned Hydrotherapy and Exercise Combo	9
General Information	10
2009 Weekly Schedule	10
Pool Clients with Medical Condition/Disability	11
Aquatic Exercise -Group Activity Focus	12
Pool Stories	13
Feedback with Thanks	13
Back Pains That Disappeared	13
Building Up Strength	14
The Sky is the Limit!	14
Take a Bow	15
Tributes and Thanks	16
Miracles and Wonders	16
Pools and Blessings	16
Endless Patience, Limitless Determination	17
Our Personal Angel	18
A Relief for Body and Soul	18



2009 ACTIVITY REPORT

Staff Enrichment Program

The professional staff at Ezer Mizion's Yankel Kornwasser Hydrotherapy Pool participates in enrichment programs and courses offered at Ezer Mizion and in other locations as well.

In House Lectures

1. In January, there was a lecture on the subject of multiple sclerosis - The lecture was delivered by Lior Fried, coordinator of men's activities. The talk discussed the different stages of the illness, diagnosis, symptoms, medical intervention and the value of water therapy. The lecture was given to the staff of therapists here in the Center, and 20 staff members altogether attended.
2. In February, a lecture was given on the subject of neuro-anatomy. The speaker was the physiotherapist Adi Marom. The lecture included an expansive explanation of brain structure, the different regions of responsibility of each brain sector and its functions. This lecture too was delivered in the framework of professional meetings that take place monthly or bi-monthly.
3. In April, a lecture was delivered about lower back pain. Udi Brander, a physiotherapist, gave the talk. The lecture addressed the anatomy of the lower back, lower back problems and treatment methods. The boys' staff attended the lecture.
4. In August, a lecture took place on the topic of pain. The lecture was given by the physiotherapist Adi Marom and discussed the nature of pain, the various types of pain, intervention and therapy approaches. The talk was attended by the pool's girls' staff - a total of 14 participants.





2009 ACTIVITY REPORT

Enrichment at External Therapy Centers

1. An enrichment day on the subject of neurology took place in the Shaarei Tzedek Hospital in Jerusalem. This annual program gives updates and presents the results of new research in the area of neurology. Lectures were delivered by top professors in the field.
2. A course in physical education and movement for the mentally ill was held in Spivak in Ramat Gan. Two members of the staff participated in the course, which took place in October/November. They learned about the impact of movement on the mentally ill, and about adapting activity styles for their needs. The lectures were delivered by experts in the field, among them - Dr. Uri Bergman and the psychiatrist Dr. Reviv.
3. Holliwick Enrichment Program - An enrichment day on the subject of running water therapy groups with the Holliwick approach. The lecturer, Paula, from abroad, is a member of the International Holliwick Association. The enrichment program took place in the Izzy Shapira Center in Ra'anana. A number of members of the women's staff took place in the program. The goal was to acquaint them with additional aspects of the approach and raise new ideas of how to apply the Holliwick system in their groups.
4. An enrichment program in the Emek Yizra'el Hydrotherapy Center. This one day program discussed the spinal column and vertebra, and their connection to hydrotherapy. Five women from the staff participated in the program. The speaker was Ms. Nola Keren, MS, coordinator of hydrotherapy at the Child Development Unit of Tel Hashomer Sheba Hospital.

Other Courses

One of the goals of Ezer Mizion's Yankel Kornwasser Hydrotherapy Pool is to meet the needs of therapists from the religious/*chareidi* population. Most existing external courses are given in a mixed environment,





2009 ACTIVITY REPORT

which makes it difficult for these therapists to participate in them. We are aware of the great importance of advancing and improving the professionalism of therapists in the *chareidi* sector as well. In light of this, we bring the top courses to the Ezer Mizion pool and offer them in a culturally adapted, gender separate milieu.

1. Hydrotherapy course

This course is geared for women in the religious/*chareidi* community. It enables more girls to learn the profession and eventually join the world of hydrotherapy therapists. The course is at a high level and is carried on in collaboration with the Wingate Institute.



2. Advanced Level Halliwick Therapy Course

This course was taught as a follow-up to the basic Halliwick course, and with the condition of having accumulated two years experience in the field. The course expands the knowledge and precision in the Halliwick approach and gives additional tools and emphases for strengthening muscles and improving equilibrium, while continuing the basic Halliwick work of control and movement in water. The course took place in the Ezer Mizion hydrotherapy pool, and was offered for the first time in the *chareidi* sector. The course was on a high level and gave additional therapy tools to therapists from our pool and to those who joined the course from other hydrotherapy centers. Altogether, twelve girls participated in the course, which took place in February, with a total of four sessions.



3. Watsu Course

In summer 2010 we will be opening a course on "Watsu" - an additional hydrotherapy approach that focuses on relaxation and on body muscle extension and stretching. The course will be delivered by Ms. Batya Segal, a certified Watsu therapist. The course will include 4 sessions, totaling 40 academic hours.



4. Bad Ragaz

Next winter (2010-2011) we will be opening a course

**2009 ACTIVITY REPORT**

on the Bad-Ragaz approach. The course will be given by Ms. Merav Hadar Frommer. The course deals with ways of strengthening muscles. The underlying principle of the approach is to isolate one group of muscles in a single limb to work on, so as to achieve focus and accuracy. The course is geared for the in-house staff as well as therapists who join from other hydrotherapy centers.

5. Jahara Course

This therapeutic approach was developed by Mario **Jahara**. The technique is based on a number of principles, among them: extension of the spinal column, release and relaxation. The course will be given by Osnat Doar, a therapist certified in **Jahara**, coordinator of hydrotherapy courses at the Wingate Institute (additional material about the technique is attached).

6. Course In Medical Massage

In the context of hydrotherapy treatments, we deal with a lot of people who suffer from pain, elevated muscle tone (mainly in the handicapped) and people with limited range of movements. Generally, in the context of such therapy, much effort is focused on relaxing the muscle. In addition to the relaxation techniques familiar to therapists (Watsu, **Jahara**, etc.) there exists an approach of medical massage, one that was originally meant for dry treatment, but which we use a lot in the water. We find that medical massage with the assistance of warm water can help relieve pain for many people. Therefore, we are planning to open a course in medical massage in collaboration with the Wingate Institute. The course will open in October and will last almost a year. Ms. Merav Avraham, from the school of Alternative Medicine in Wingate, will teach the course.





2009 ACTIVITY REPORT

Pool News

Expanded Kupat Cholim Eligibility

In an agreement recently reached with the Kupot Cholim medical plans, paramedical therapies - including physical therapy, occupational therapy, speech therapy and **hydrotherapy** - will be made available to people with a wider variety of conditions. Until now, only people with specific acute physical conditions, such as cartilage problems, accident rehabilitation, back pains, etc. were eligible for "Shaban" - *Sherutei Bri'ut Nosafim* (supplementary health services) as part of their medical plan. The new agreement finances 30 sessions a year of paramedical therapy for children with ongoing physical and neurological conditions, such as PDD, ADHD, Down's Syndrome, and hypotonia. Now, these children will be able to reap the huge benefits of Ezer Mizion's aquatic therapy programs without entailing an additional financial burden.



Serving Other Departments at Ezer Mizion

In addition to the broad services provided by Ezer Mizion's Yankel Kornwasser Hydrotherapy Pool for private clients, Kupat Cholim referrals, and organized groups with a variety of problems, the pool also provides internal services to other divisions in Ezer Mizion.

Among the recipients of therapy are: Geriatric Services Division (Malka Hager Fitness Center), the Mental Health Division, the Children's Division.

A new service that just began in 2009 is in collaboration with Oranit, Ezer Mizion's Guest Home for children with cancer. In the framework of the activity, groups of parents of children with cancer are sent for sessions of water exercise. The goal is to give these parents, who cope daily with a sick child and all this challenge entails, a "time out" for relaxation and tension release. Groups exist for mothers and also for fathers of sick children. The program has been well received with excellent results and enthusiastic responses from participants.



Nursery Tots Benefit from Hydrotherapy Pool

Ezer Mizion runs two unique short-term nursery groups at the Ezer Mizion Center, one for children with PDD/Autism, and the other for children with Down's Syndrome. Each group numbers eight students. The





2009 ACTIVITY REPORT

nursery has added to its intensive program a weekly session at the Ezer Mizion hydrotherapy pool. Professional therapists work with the children on muscle strengthening, equilibrium, and a variety of other areas, in the calming, pleasant aquatic milieu. The mothers participate in the sessions as well, helping to create a positive, supportive developmental experience.

A Lift for the Lifted

One of the primary groups benefiting from Ezer Mizion's hydrotherapy pool is the golden-age sector. For the seniors who are wheelchair bound, however, every pool session until now necessarily included the uncomfortable and rather humiliating experience of being lifted by a hoist fitted with a net from the wheelchair into the water. Now, a new system has been instituted to replace the hoist. A special chair on wheels, designed to roll along the poolside and then lifted by the crane "as is" into the pool, provides a far more respectful and pleasant solution for the mobility impaired.

Free Trial Offer

Ezer Mizion maintains ongoing contact with hospitals serving victims of accidents, strokes and degenerative disease. Through the link of the social worker caring for these patients, Ezer Mizion offers to transport the patients for a free intake session and first lesson in the hydrotherapy pool. This enables hospital patients to see the pool and try out the therapy, so as to make it a realistic option for follow-up therapy upon their release from the hospital. Ezer Mizion's goal in this project is to raise awareness of rehabilitative patients to this excellent, local option for continued care.



**2009 ACTIVITY REPORT****On the Horizon****Planned Hospital Collaboration**

Ezer Mizion is in the process of hammering out a collaborative agreement with a number of rehabilitative hospitals that lack their own pools, including Re'ut, Levenstein, and Maayanei Hayeshuah Geriatric Center. The plan is to transform the Ezer Mizion hydrotherapy pool into an integral part of the hospital rehabilitation program. Patients in long-term care would be brought at regular intervals to the Ezer Mizion pool for therapy to supplement the in-hospital rehab process.

Planned Down's Syndrome Hydrotherapy Groups

Groups of older children with Down's Syndrome benefit from one-on-one therapy in the Ezer Mizion pool with a number of therapeutic goals - fostering self-discipline, muscle building, strengthening cardio-vascular stamina. Participants are slowly being combined into small therapy groups. The group structure provides further opportunities for coordination development and social stimulation.

Planned Hydrotherapy and Exercise Combo

Another enhanced program in the planning stages is a combination of aquatic therapy in the pool with sport therapy outside the pool. Sport therapists are specially trained in rehabilitative exercise. The immediate follow-up of rehabilitative hydrotherapy with a program of dry therapy personally designed for the individual's situation produces maximum therapeutic results.





2009 ACTIVITY REPORT

General Information

2009 Weekly Schedule

	SUN	MON	TUES	WED	THURS	FRI	
8:00	Hydrotherapy (one-on-one) women	Water Exercise Groups (women)	Water Exercise Groups (women)	Hydrotherapy (one-on-one) women	Water Exercise Groups (women)	Water Exercise Groups (men)	
9:00						Hydrotherapy (one-on-one) men	
10:00	Ma'on Shaked Group Hydrotherapy (autistic and Down Syndrome toddlers)			Practice hour for hydrotherapy clients (women)			
11:00	Practice hour for hydrotherapy clients (women)						
12:00	Water Exercise Groups (women)		Hydrotherapy (one-on-one) women	Sheltered Workshop (young adult men) group			
13:00				Ezer Mizion Activity Clubs - special needs girls group	Hydrotherapy (one-on-one) men		
14:00					Mental Health Rehab group (men)		
15:00				Ohel Sarah Mentally Retarded Young Women's Group	Hydrotherapy (one-on-one) men		
16:00	Mental Health Rehab group (women)	Hydrotherapy Course	Ezer Mizion Activity Clubs - special needs boys group				
17:00	Water Exercise Groups (women)		Swimming Group for Girls with Minimal Motor Challenges				
18:00				Hydrotherapy (one-on-one) men			
19:00		Water Exercise Groups (women)	Boys Group	Water Exercise Groups (women)	Practice hour for hydrotherapy clients (men)		
20:00							
21:00	Water Exercise Groups (men)				Water Exercise Groups (men)		
22:00	Fathers/Mothers of kids with cancer						



2009 ACTIVITY REPORT

Pool Clients with Medical Condition/Disability

MEDICAL CONDITION/DISABILITY	MEN	WOMEN	BOYS	GIRLS	TOTAL
Accidents and injuries	3	5			8
Arnold-Chiari malformation		1			1
Arthrogryposis				1	1
Back problems and pain	9	22	3	5	39
Behavioral problems			7	1	8
Benign bone tumors			1		1
Birth defects		1		2	3
Blindness		1			1
Cerebral Palsy	2		3	12	17
Developmental delay			15	4	19
Diabetes			1		1
Down's Syndrome			6	16	22
Emotional problems	2	2	9	8	21
Familial Dysautonomy		1	2	1	4
Fibromyalgia		5			5
Frontotemporal Dementia (FTD)	1				1
Gillian Barre Syndrome	1				1
Hearing disability			1		1
Hip replacement	1	4			5
Hypotonia and shoulder girdle weakness			12	4	16
Intestinal illness	1				1
Joint pains	2	9			11
Knee replacement		2			2
Multiple sclerosis		1			1
Muscle and arterial inflammation	1				1
Muscular dystrophy	1	1	1	1	4
Nerve damage		2			2
Noonan Syndrome			1		1
Orthopedic rehabilitation				2	2
Osteogenesis Imperfecta (Bone malformation)			3		3
Parkinson's Disease	3	3			6
Legge Calve Perthes Syndrome			3		3
Post polio		2			2
Post-burn rehabilitation			1		1
Post-poisoning rehabilitation		1			1
Pulmonary hypertension		1			1
Retardation				2	2
Rett Syndrome				2	2
Right/left hemoplegia			2		2
Speech disabilities			9	3	12
Spina Bifida			2	3	5
Stroke	6	4			10
TOTAL	33	68	82	67	250



2009 ACTIVITY REPORT

Aquatic Exercise -Group Activity Focus

AYALI	CHAVIE.	LEORA.	RACHELI.	SARAH.
Stamina building exercise for body building and strengthening	Strengthening lower half of body to ease back/hip/knee problem	Strengthening lower half of body to ease back/hip/knee problems	Strengthening lower half of body to ease back/hip/knee problems	Strengthening lower half of body to ease back/hip/knee problems
Moderate exercise to strengthen lower half of body so as to ease back/hip/knee problems	Stamina building exercises to improve heart/lung endurance for advanced group	Stamina building exercises to improve heart/lung endurance for advanced group	Stamina building exercise for body building and strengthening	Stamina building exercise for body building and strengthening
Moderate exercise for a variety of problems	Moderate exercise for a variety of problems	Moderate exercise for a variety of problems	Moderate exercise to strengthen lower half of body so as to ease back/hip/knee problems	Moderate exercise for a variety of problems
	Aerobic exercise to improve muscle endurance	Aerobic exercise to improve muscle endurance	Moderate exercise for body building and strengthening	Moderate exercise for body building and strengthening
		Seniors' Club - Nursing Aid Group		Ohel Sarah - young adults with mental retardation
				Seniors' Club





2009 ACTIVITY REPORT

Pool Stories

Feedback with Thanks

B. is a seven year old boy who, at the age of five, lost his father to cancer. The child, who suffers from anxiety and a variety of learning problems, came to the Ezer Mizion pool for hydrotherapy. The mother stood at the side of the pool and observed the lesson. After the lesson, she called the person in charge and tearfully told him how a smile had returned to her son's face, and how, remarkably, he had cooperated with the therapist, after refusing to speak with or cooperate with *anyone* for the last two years!

One person in the exercise group suffers from very agonizing back problems as a result of his work. He went through dozens of different therapies, yet they were unable to alleviate his pain. For the last year, he has been coming to the pool for therapy twice a week, and every single time that he leaves, he tells the therapist and the supervisor how the hydrotherapy strengthens him and gives him the ability to get through the next week pain free.



Back Pains That Disappeared

Chani (a pseudonym) suffered from a severe ruptured disk. She was bedridden, stopped going to work and could not function at home. After trying many therapy mediums, she was on the verge of despair. Then a doctor suggested that she try hydrotherapy. Chani didn't put much hope in any kind of treatment anymore, but she agreed to give it a chance. That is how she came to Ezer Mizion's Yankel Kornwasser Hydrotherapy pool.

By the first session, Chani already knew that she had come to the right place. The calming feel of the warm water and the gentle touch of the amazing therapist actually made her forget the pain for a full 45 minutes.

After a number of relaxation treatments (over the course of three weeks) Chani experienced significant improvement in her condition. After two months of treatment, the pain had almost disappeared entirely.

Chani gradually regained her strength and began to





2009 ACTIVITY REPORT

resume normal life, one step at a time. First, she started caring for her little girl. In time, she was able to assume household duties. At the end of three months, she returned to her job as an accountant, a new person!

Building Up Strength

Racheli was an eight year old girl with spina bifida (partial defect in the spinal column). The condition manifested itself mainly as weakness in the leg muscles, difficulties in balance and limitations in her range of movement. That is what brought her to Ezer Mizion's Yankel Kornwasser Hydrotherapy pool.

As soon as Racheli arrived, the alert therapist realized that in addition to her motor challenges, Racheli suffered from emotional and social difficulties. The little girl appeared frightened and timid. She did not say a word and had trouble forming a bond with the therapist.

After a few months of therapy, Racheli's general muscle stamina noticeably improved. She managed to participate in a variety of activities and schoolyard games. Racheli acquired swimming skills - mastering the breaststroke and backstroke.

Above all, there was vast improvement from the emotional standpoint. Her fears and lack of confidence became relics of the past. She forged a wonderful connection with the therapist. There is no doubt that the calming water environment and professional therapy helped her overcome her challenges and brought her to a place that neither she nor her parents ever dreamed she would reach.

The Sky is the Limit!

David, an eight year old boy, suffered from a rare syndrome known as Noonan Syndrome. This syndrome only affects boys, and is characterized by multi-systemic damage in all the body systems, as well as marked developmental delay and significant muscle weakness.

David first came to the Yankel Kornwasser Hydrotherapy pool at age six. He was so frightened of the water that for a long time, the therapists had to focus on the emotional aspect, just in order to get him to come near the water.



**2009 ACTIVITY REPORT**

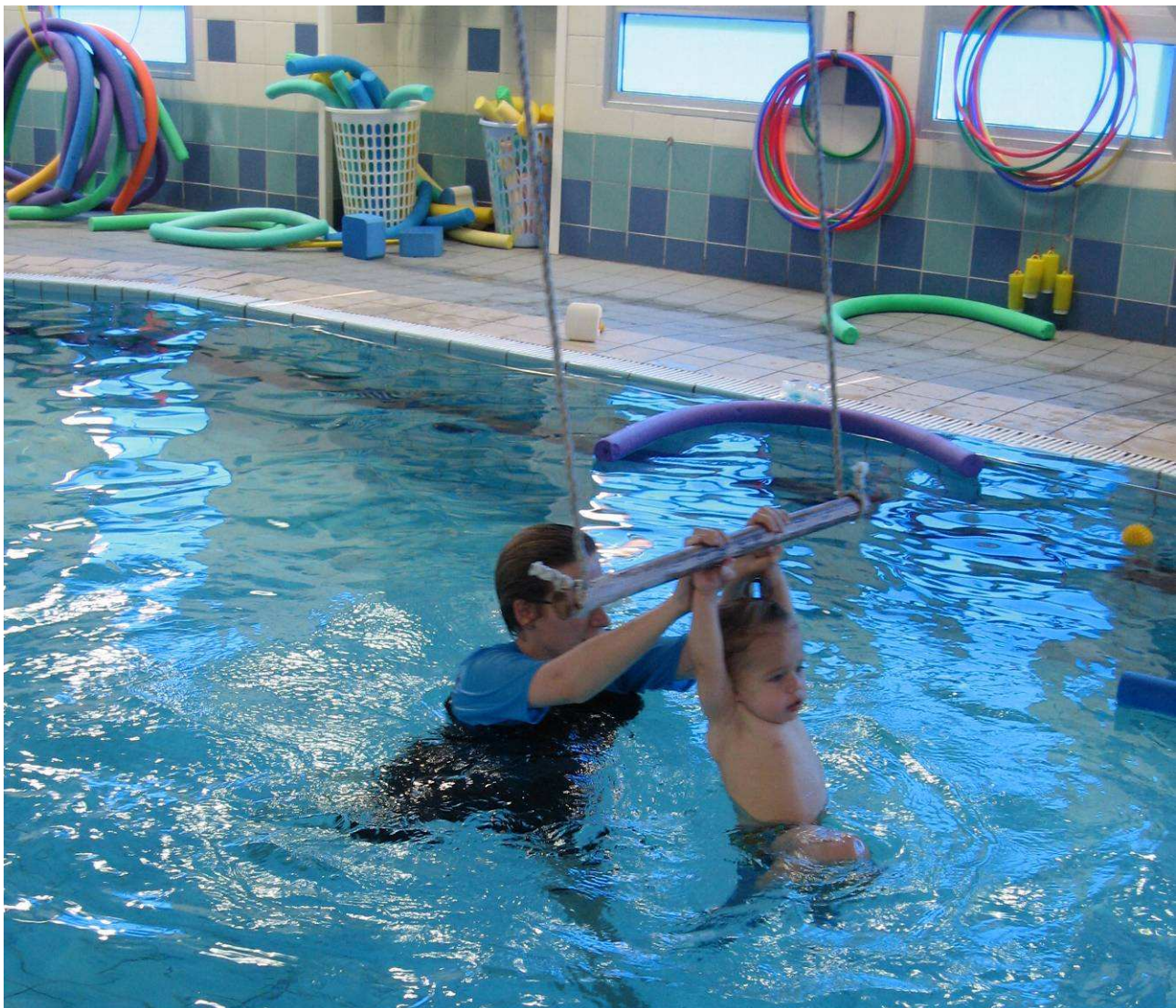
Today, David can swim the breaststroke!!! The therapist tested his abilities by setting up complex situations in every part of the pool. David faced the obstacles and overcame them. There is no question that the water dimension brought him to accomplishments that nobody ever dreamed he could achieve!

Take a Bow

R. suffered from kyphosis - severe curvature of the spine - and from protruding disks in the lower back. This affected his everyday functions in addition to the tasks he needed to do as part of his job. Examples of the functions that were difficult for him included: walking, bending over, and extended periods of sitting.

Today, after a year of pool therapy, R. reports very significant improvement in his functioning - both in regard to the intensity of the pain, which has been markedly reduced, and in regard to his capabilities, which have greatly increased. In addition, improvement was seen in his cardio-vascular system, as expressed in his daily functioning.

These are just a few of the stories we experience day after day, under the able care of our therapists at Ezer Mizion's Yankel Kornwasser Hydrotherapy pool.





2009 ACTIVITY REPORT

Tributes and Thanks

Miracles and Wonders

There are miracles in this world
And wonders too
And when we try hard,
Results ensue.
You certainly have reason
To be proud - all of you!
For your patience, your smiles
Your endless dedication
That our children receive
On every occasion,
Thank you from the depths
Of a mother's heart,
For helping us progress
From a shaky start

It may not be a miracle -
But it's a wonder, that's true
Because today, one cannot find
Many like - you!!!
We gratefully watch
The results materialize
Happy in our children's joy,
Smiling tears in our eyes,
You are a skilled staff
That is one of a kind
Who helps every child,
His happiness find.

Our best wishes for your continued success
Many thanks from -

Benny's Mother

Pools and Blessings

The pool has become an inseparable part of our lives in Ezer Mizion's Rehabilitation Center.

Its immeasurable benefit and its wonderful influence on our lives are concisely expressed by the uncanny similarity of the words *bereicha* - pool, and *beracha* - blessing!

The pool's contribution is evident in a number of areas:

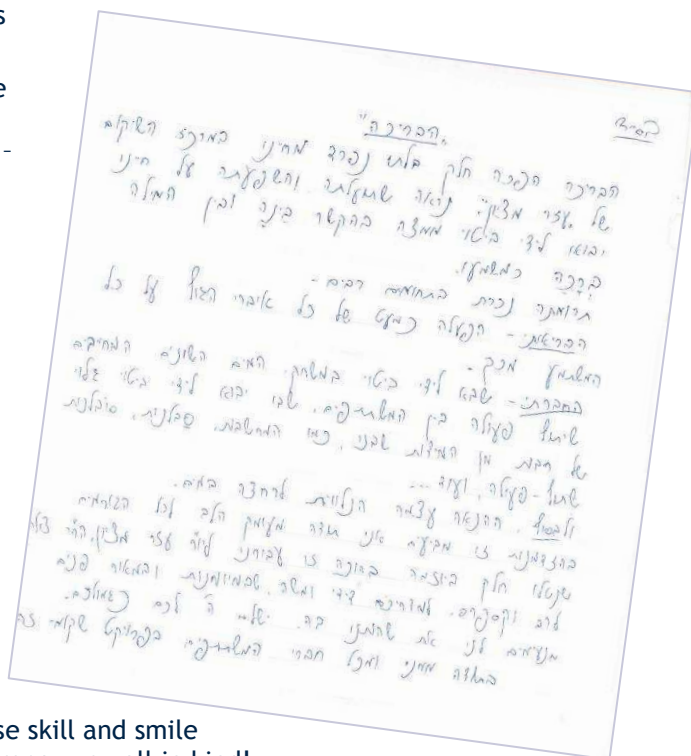
Health - Activating almost every part of the body, with all that entails.

Social - This aspect is expressed by different water games that require the participants' mutual cooperation. This collaboration brings out many of our inner qualities - such as thoughts, patience, tolerance, cooperation, and more.

And finally - The inherent enjoyment that comes along with the swimming experience.

At this opportunity we want to express our heartfelt thanks to all those who took part in this wonderful initiative on our behalf - to the Chairman Rabbi Chananya Chollak, to Rabbi Wexpers, and to the therapists Didi and Moshe, whose skill and smile make our stay at the pool so pleasant. May H-shem repay you all in kind!

Thank you from me and from all those participating in this rehabilitation project





2009 ACTIVITY REPORT

Endless Patience, Limitless Determination

To the Staff of the Hydrotherapy Pool
Ezer Mizion Center
5 Rabbi Rabinov Street Bnei Brak

Shalom U'veracha!

At the conclusion of our son Meir's series of hydrotherapy sessions, we want to express our deep appreciation to the devoted therapist, the wonderful Ms. Yona Levi. Over the past two years, we encountered many paramedical therapists, but never did we come across such devoted treatment and such warm attention.

During the entire initial adjustment period, when Meir cried a lot and found the water exercises extremely daunting, Yona seemed to come supplied with an endless store of patience and rare fortitude. She managed to distract Meir, calm him and activate him at the maximum level possible, until she brought him to the stage of enjoying the session and taking a lively interest in the water.

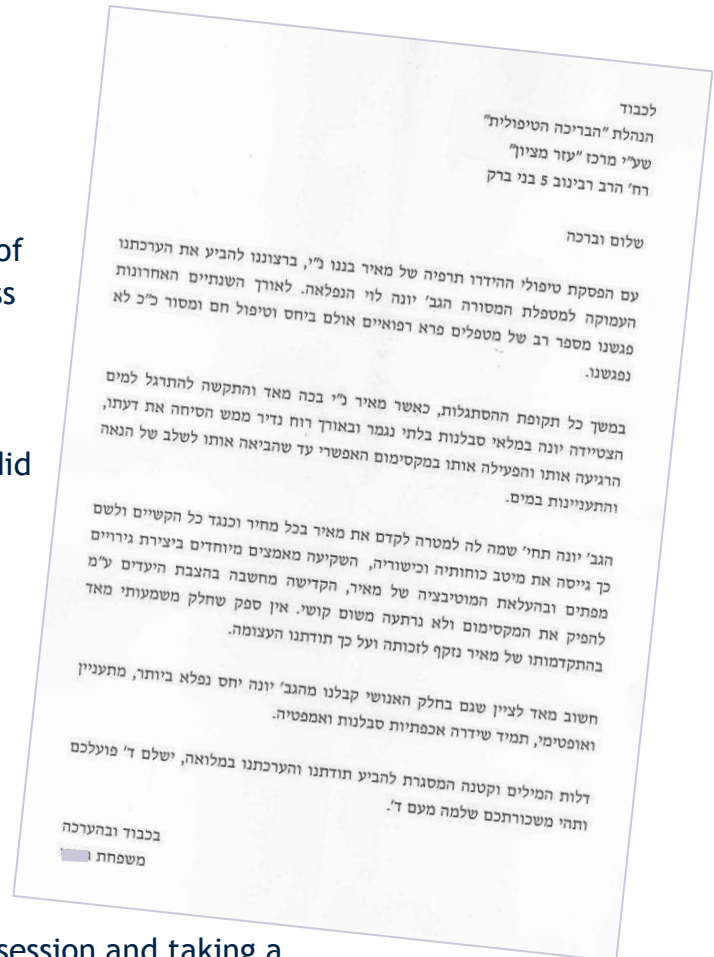
Ms. Yona set as her goal to advance Meir, no matter what, and in the face of any difficulties. For this purpose, she rallied her best energies and skills. She invested special efforts in creating attractive stimulations and increasing Meir's motivation. Undeterred by any pitfalls, she devoted much thought to setting goals that will draw out the maximum from Meir. There is no doubt in my mind that a significant part of Meir's progress is chalked up to Ms. Yona - and for that we are tremendously grateful.

It is important to point out that on the human level as well, Ms. Yona related to us in the most amazing way, ever attentive and optimistic, always radiating patience, caring and empathy.

Words are too pale and the paper too small to express the full extent of our thanks and appreciation. May Hashem repay you in full for all you have done on our behalf.

With respect and admiration,

The G. Family





2009 ACTIVITY REPORT

Our Personal Angel

To my dear, beloved Didi!

Every single blade of grass has an angel in Heaven that strikes it and says - "Grow!"

Every child has tremendous inner strength and abilities that need to be brought from its latent form into action, in order to reveal all the wonderful powers dormant within.

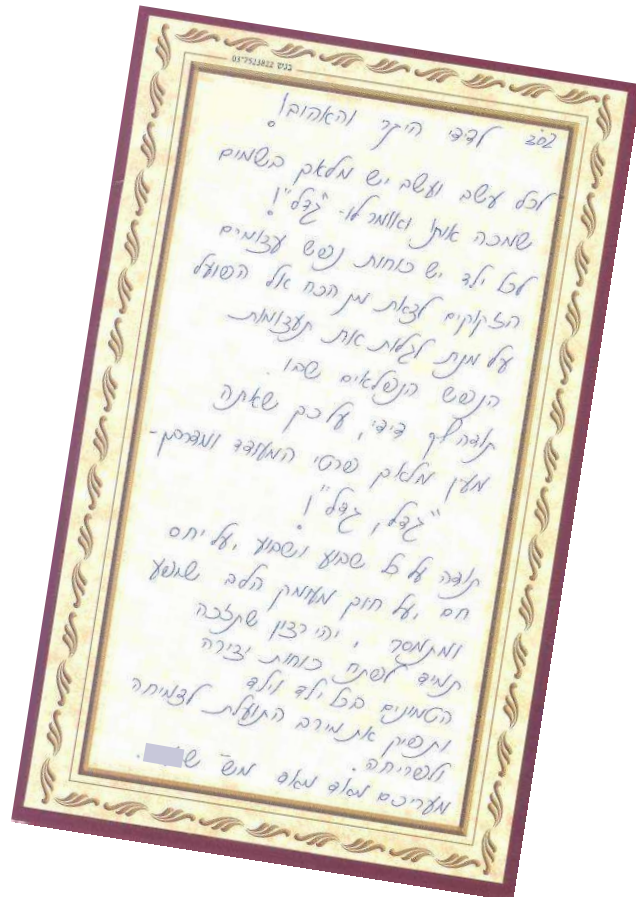
Thank you, Didi, for being a sort of "personal angel" who encourages and spurs on - "Grow! Grow!"

Thank you for week after week, for warm attention, for a flowing, devoted, heartfelt smile.

May you always have the merit to develop the creative potential concealed within every child and help him achieve his maximum in growth and development.

With very, very great appreciation,

The S. Family.



A Relief for Body and Soul

To the wonderful staff of Ezer Mizion's hydrotherapy pool - Shalom U'veracha!

I wanted to thank you from the bottom of my heart for your dedicated therapy and your warm, loving attention at the pool.

The pool activity relieves both physical and emotional pain, and helps me survive my stormy everyday challenges, restoring to me the joys of youth.

May you merit to continue bringing happiness and relief to many more people who need it.

You are a skilled, dedicated staff, happy and out to make others happy, and you give the job all you've got.

May you be Divinely rewarded for all your holy work!

With great appreciation,

Simcha A.

