

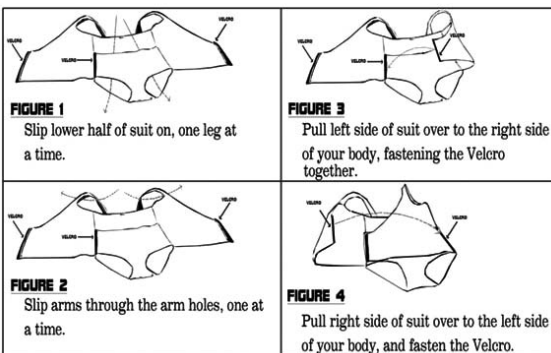
Sprint Adaptive Swimwear



Do you have trouble getting in and out of a bathing suit because of back or joint pain, arthritis or weakness in your upper extremities? If so, the Sprint Adaptive Bathing suit might be for you. Designed to be easy on and easy off, it offers the look of traditional swimwear and can be put on or removed with little or no assistance from a caregiver, giving more independence to girls and women with dexterity problems. The stylish v-neck design with modest leg openings has secure Velcro closures and wide straps with crossover bodice panels that help fasten the suit tightly, allowing for a custom fit each and every time it is worn.

Dianne Rothhammer, President of Sprint Aquatics, worked six months to create this design after being approached by the husband of a person with Parkinson's who was having a difficult time getting out of her swimsuit after water therapy. Rothhammer's bathing suit can be put on in record time by following three easy steps:

1. Step into the leg openings.
2. Put your arms through the straps.
3. Put on the Velcro fasteners.



Currently, the suit is available in girls and women's sizes up to 3X, but Sprint is working on expanding the size of the line to include toddler girl and women's sizes to 6X. For more information about this suit, and other creative products that address the needs of those who utilize pools for physical therapy as well as recreation, visit www.sprintaquatics.com or call 800-235-2156. ▲

Frequently Asked Question

QUESTION: *I've heard that the TENS (Transcutaneous Electrical Nerve Stimulation) machine is not good for use by polio survivors, because it can stimulate nerve endings and possibly result in further damage to already over-exhausted neurons. Is this true?*

ANSWER: Since TENS only stimulates the sensory nerve endings and does not stimulate the motor nerves,* it does not cause muscle contraction. The neuron (more correctly the motor unit) can't become "over-exhausted" because TENS is not stimulating the nerves that cause muscle contraction.

Carolyn Geis, MD, Medical Director
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***Motor nerves** send impulses from the brain and spinal cord to all of the muscles in the body, permitting people to do activities such as walking or moving the fingers to pick something up. Motor nerve damage can lead to cramps, spasms and/or muscle weakness.

Sensory nerves send messages in the other direction—from the muscles back to the spinal cord and the brain. Special sensors in the skin and deep inside the body help people identify if an object is sharp or smooth; hot or cold; or standing still or in motion. Sensory nerve damage often results in tingling, numbness, pain and extreme sensitivity to touch.