



# Get Moving: Country Roads Physical Therapy

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



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## Marion County Emergency Contact Information

Marion County Sheriff  
Non-Emergency  
304-367-5300

Fairmont Police  
304-366-4200

Marion County DHHR  
304-368-4420

Marion County Dept of  
Emergency Services  
304-366-0196

Allegheny Power  
1-800-255-3443

Low Income Energy  
Assistance Program  
1-866-674-6327

## Acquatix Aquatic Therapy Bike and Treadmill Make Full Time Debut at Country Roads West

In October, Country Roads Physical Therapy welcomed Viking Pools Director of Marketing, Stacy Nelson, Michael Factor of Acquatix USA and Acquatix trainer Anna to our West Side location to feature the Fairmont Fitness and Country Roads West pool areas in their national advertising campaign.

After recognizing the optimum benefits the equipment offers, Country Roads has chosen to purchase the two pieces to maximize therapy results for our patients.

“The Acquatix AquActive Bike and AquWalking Treadmill are excellent options, especially for patients



**The AquWalking Treadmill**

with heart conditions and arthritis. Water exercise give greater resistance and a more thorough therapy session without raising the heart rate like a traditional machine. The buoyancy of the water also reduces stress on joints for less pain and better range of motion,” says Derek Falkenstein, West Side PT and owner.

Aquatic therapy will benefit almost all therapy patients regardless of the condition. If you are interested in seeing for yourself, call Stacy in our West Side location.

Country Roads Physical Therapy is the only facility to offer the equipment in a five state region.



**The AquActive Bike**

## Health Care Update: Medicare Therapy Cap Exceptions to Expire

In 2006, the Medicare Therapy Cap went into effect. This cap arbitrarily limits the amount allocated for physical therapy and speech language pathology at \$1,840 and occupational therapy at \$1,840 per coverage year.

As it stands, there is also an exception policy in regards

to the therapy cap. It ensures those who need additional care are able to receive it.

This exception will expire on December 31 if Congress does not act soon.

In addition, the *Access to Rehab Services Act* (S 46/ HR 43) has been introduced.

This legislation will fully repeal therapy caps.

Please contact our legislators to support exceptions and the *Access to Rehab Services Act*.

Visit: [www.apta.org/consumer/action](http://www.apta.org/consumer/action), for more information.



*Move Forward.*  
Physical Therapy Brings Motion to Life



## Country Roads Physical Therapy

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East Fairmont:  
14 E. Grafton Rd  
Fairmont, WV 26554

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<http://www.countryroadspt.com>

Life is worth living...Get moving

## Mission

Country Roads Physical Therapy provides the highest quality outpatient physical therapy and rehabilitation services in Marion County. Through hometown service and a "hands-on" approach we improve the quality of life for all our patients.

Country Roads Physical Therapy opened in June 2006 by Derek Falkenstein, P.T., and Michael Barkley, DPT. They began the company with the sole purpose of providing their hometown of Fairmont, W.Va., and Marion County with quality physical therapy and rehabilitative care focusing on individualized manual therapy. They now have two facilities in Fairmont -- one on the East Side and one on the West Side. Both facilities are growing and expanding as demand for quality care increases.

# Winter Safety Tips: To keep you and your home secure

## Inside your house:

- ❄ Be sure to have smoke and carbon monoxide detectors installed and working properly. Check the batteries and have extras on hand.
- ❄ If you use space heaters make sure they have three feet of cleared area around them. If yours doesn't have an emergency shut off switch, purchase one that does just in case it falls.
- ❄ If you have a wood burning fireplace, be sure to have a glass or mesh screen to keep sparks and rolling logs off the carpet. Have your flue cleaned every year to prevent chimney fires.
- ❄ Have an ABC fire extinguisher and be sure to store it in an easy to reach place. Know how to operate it.
- ❄ Have a list of emergency contacts in case your heat or electric goes out.

Keep extra cash in case of emergencies as well.

## In your car:

- ❄ Check your tire tread and pressure. If you rest a penny upside down in the grooves of your tires and just the top of the Lincoln Memorial is covered, it is time for new tires. For the correct tire pressure, check the vehicle's placard located on the driver's side door jam, glove box, rear passenger door, or in your owner's manual. Poor tread and improperly inflated tires can cause serious traction loss on snowy and icy roads.
- ❄ Make sure your radiator has plenty of antifreeze.
- ❄ Have a mechanic check for cracks or leaks in your belts and hoses.
- ❄ Ask your mechanic about using a thinner oil for the cold weather.

❄ Inspect and replace wiper blades as needed. Check your washer fluid.

❄ Test the charge of your car battery and carry jumper cables for you or a stranded driver.

## Outside:

- ❄ Invest in a pair of non-skid shoes.
- ❄ Clear all snow and ice from walkways and use salt or calcium. If you are unable to do this, younger neighbor kids or family would love a little extra Christmas money.
- ❄ Do not drive if the weather is extreme or you are uncomfortable.
- ❄ If you use a cane, change to a metal prong end.
- ❄ Keep phones within reaching distance. Wear a whistle to call for help or try a system like Life Alert or similar emergency assistance devices.