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Groves PT Debates Benefits of “Wii-habilitation”

No evidence suggesting video game rehab treatments are successful, group aims for results

ST PAUL, MN (July 10, 2008) - Despite recent media reports from the Associated Press on the use of Nintendo's Wii for rehabilitation, ongoing studies within the physical therapy industry indicate the treatment has had little effect on improving patient outcomes. Referred to as “Wii-habilitation”, the gaming system is being used to treat patients recovering from a wide range of injuries including strokes, spinal cord conditions and neck and back injuries.

Dr. John Groves, a licensed physical therapist and President of Groves Physical Therapy (Groves PT), wants to ensure the gaming system's flashy marketing is not confused with the vitally important message of rehabilitation. Dr. Groves believes in using the best evidence available to treat patients in an effective manner centering on patient outcomes.

“Physical therapists who look to treat patients using the best evidence available disagree with the use of Wii for rehabilitation purposes,” said Dr. Groves. “There has not been any study released that shows playing Wii is an effective method to treat such conditions. If you want to play video games, go to an arcade. If you want to be treated according to the latest medical research, seek out a physical therapy that practices evidence-based methods,” he said.

While “Wii-habilitation” grabs headlines, Dr. Groves points to recent research that suggests treatment focused on an evidence-based approach will benefit patients the most. The available evidence supports the effectiveness of physical therapy for affecting outcomes in patients with spinal conditions. By using this research in their daily treatments, practitioners are able to accurately predict which patients will receive significant outcomes.

Dr. Groves cites major clinical trials for knee and hip osteoarthritis, acute and chronic lower back pain, neck pain and headaches proving there are long term benefits when treated by a licensed physical therapist. Research published by industry-respected physical therapists point to the clinical prediction rule, which identifies patients with lower back pain who will benefit from spinal manipulation treatment.

Spinal manipulation and exercise have repeatedly been shown to effectively manage patients' current pain while preventing future episodes. In many cases patients suffering from low back pain will have dramatic relief in just two visits.

For more information about how a physical therapist can help alleviate pain, minimize the use of prescription drugs and expensive diagnostic imaging, and prevent painful and costly surgery, visit www.grovespt.com.

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About Groves Physical Therapy:

Groves Physical Therapy is a privately owned, multi-site Physical Therapy practice in St Paul

and Brooklyn Center. Founded in 2004, their mission is to deliver the highest quality, evidence-based physical therapy management to patients with unquestionable ethics, unparalleled quality, superior service, and at the best value. Their physical therapists are Board Certified in Orthopedic Practice and are Fellowship trained in Manual Therapy, credentials that only 1-2% of Physical Therapists nationwide have obtained. They utilize manual physical therapy and therapeutic exercise based on the newest research to achieve the best results in fewer visits. For more information on Groves Physical Therapy, please call 651-209-6144 or 763-566-3798 or visit: www.grovespt.com.