



Established 1972

By and For the People of Love County

Richard Barker,
Administrator

Ambulance Emergency

911

Clinic Appointments

276-2400

Hospital Information

276-3347

Community Resources

211

Domestic Violence Help

276-2042

Hotline - 226-6424

THERAPEUTIC CYCLING AND LIFTING

Rehabilitating patients gain strength and stamina using exercise equipment in the Therapy Building.

*Occupational Therapist Assistant
Bill Graham lifts dumbbell weights.
Physical Therapist Assistant
Stephanie Lang pedals a
recumbent bike.*



What Is It?

Stamina EMR Recumbent Exercise Bike; Dumbbell Weight Caddy

Year Acquired:

2013; 2002

Exercise Bike:

Patients pedal within a target heart rate zone under the therapist's supervision. The monitor displays heart rate, pulse, calories burned, speed, and distance. The semi-reclined position works the patient's major leg muscles with low impact on joints.

Weights:

The weight of the dumbbells ranges from 1 pound to 10 pounds. The therapist shows the patient a lifting routine that builds strength without overtaxing the muscles.

We're YOUR Hospital, Clinic and EMS

Mercy Health/Love County

300 Wanda - Marietta, OK 73448

www.mercyhealthlovecounty.com

*The Small-Town Hospital
with the Big Heart*

