

REHABILITATION

Nintendo Wii Adds Diversity to Therapy Program

The Nintendo Wii game system is a new addition to the Therapy Department at Walnut Hills. Playing games like bowling, tennis, boxing, golf, and baseball on the Wii can incorporate traditional physical and occupational therapy exercises and even make them a little more enjoyable.



Bowling is one of the Nintendo Wii games used by our Therapists to help individuals with balance, coordination, strength, and weight bearing.



Benefits of "Wiihab"

- ◆ Improve balance
- ◆ Sharpen hand/eye coordination
- ◆ Facilitate problem solving and decision making
- ◆ Increase range of motion
- ◆ Build muscle tone
- ◆ Increase strength and stability
- ◆ Facilitate weight bearing and dynamic balance for daily tasks

Call Merle Miller at 330-893-3200

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