



## EAST ORANGE GENERAL HOSPITAL

# News Release

Public Relations Department  
240 Central Avenue ♦ East Orange, NJ 07018 ♦ (973) 266-8510

**FOR IMMEDIATE RELEASE**

March 18, 2008

Contact: Julio Robaina  
973.266.8510

### Wii Isn't Just Fun and Games at East Orange General Hospital



**Photo Caption:** Detective Donald Preston of the East Orange Police Department takes a swing at Wii therapy with his physical therapist, Alexander Kade at East Orange General Hospital.

(East Orange, N.J.) – Boxing at East Orange General Hospital? No, it's not a fundraiser, it's for therapy. Injured in the line of duty, Detective Donald Preston of the East Orange Police Department demonstrates his mean right uppercut,... but he's not practicing his punches in the ring, he's practicing in physical rehabilitation. Preston, who suffers from knee injury, is strengthening his balance while weaving and bobbing and holding the wireless, motion-sensitive wand of the Nintendo Wii gaming system. Swinging his arms with power punches from side to side, his therapist, Alexander Kade was happy it was just a game. On the monitor in front of them, Alex was seeing stars.

(more)

Last week, after East Orange General Hospital installed Nintendo's innovative new system in its physical rehabilitation department, Preston gave it a try. Valerie Mitchell, the director of physical rehab services, and Nelson Tuazon, senior vice president and chief nursing officer at East Orange General Hospital, brought Wii to the facility after reading how hospitals in other parts of the country have been using video games successfully as a supplement to physical and occupational therapy. "The virtual gaming is so interactive that patients often view therapy as a joy rather than a chore," says Mitchell.

In addition to being fun, video games are incredibly motivational for patients who may be depressed after suffering an accident or have experienced the loss of physical motion. "It's mentally and physically stimulating," adds Mitchell. "Interactive gaming has the potential to boost concentration, strength and balance, hand-eye coordination, and range of motion." She stresses though that having the Wii doesn't mean patients are playing video games all day. "The patient must still be with the therapist to ensure they are recruiting the appropriate muscles and for safe progression to functional activities," she adds. Hospital officials have been checking their sources and believe to be one of the first acute care hospitals in the state to introduce Wii therapy.

East Orange General Hospital is East Orange's largest private employer and Essex County's only independent, fully accredited, acute-care hospital. Serving the community for over a century, East Orange General Hospital recently expanded its services and is continually adding new equipment and programs to provide the highest level of quality and compassionate patient care. Specialty areas include: Same Day Surgery, Physical Rehabilitation, Behavioral Health, Family Health, Emergency Medicine, Outpatient Hemodialysis, Hyperbaric/Wound Management, Vascular and Medical/Surgical Services. For more information, please call (973) 672-8400.

###