



*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**

# Physical Therapy Stepper



*Brenda Beard,  
physical  
therapist  
assistant,  
shows how  
recovering  
patients exercise  
their arms  
and legs in the  
Therapy Building.*

**What Is It?** Sci Fit Recumbent Stepper

**Year Acquired:** 2011

**Use:** This popular machine provides safe and effective physical exercise for patients as part of their recovery.

The "recumbent" or reclined position takes weight off the joints. You are working the big muscles of your arms and legs at a pace that suits your capability.

**How It Works:** Place your feet on the pedals, grasp the handles, then rhythmically move your arms and legs like you do when walking or climbing stairs. The pedals and handles move with you in a gentle "push/pull" motion.

The machine is programmed for various settings of speed and resistance. You increase the levels over time to increase your strength and fitness. The therapist monitors your vital signs.

*We're YOUR Hospital, Clinic and EMS*

## Mercy Health/Love County

300 Wanda - Marietta, OK 73448

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

*The Small-Town Hospital  
with the Big Heart*

