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From: Molly McDougall <46st.monica@gmail.com>
Sent: Wednesday, September 11, 2019 3:53 PM
To: Public Submissions
Subject: [EXT] Save inner city pools

Ten years ago my knee expanded to twice its normal size. Sitting, the knee ached, standing, it hurt, walking was misery. The diagnosis was osteoporosis. The cartilage in my knee was gone and it was bone on bone in the joint. My usual brisk walk from office to home became impossible.

The diagnosis was osteoarthritis. Cartilage in my knee was gone and it was bone on bone in the joint. The medical prescription is knee replacement; cut out the joint and replace it with a mechanical substitute. Major surgery and painful recovery, which results in ability to walk without pain, but with movement deficits. Instead I tried physiotherapy, pain medication - some relief but ongoing inflammation and pain.

Then I began going to Inglewood Pool, deep water workout, three times a week. Within two weeks pain was muted, inflammation down 75%. In six months I discontinued pain killers.

Deep water workouts mitigate joint inflammation by water pressure. You are upright in the deep end of the pool, wearing a flotation device and exercising. Movement flushes interstitial fluid from the swollen area. Your muscles are moving against resistance without jarring - no hammering bone on bone in the joint. Exercising without pain!

Research shows exercise can alleviate pain. The right type of exercise allows increased function. In my case, now I am able to do a rugged 10 k hike, with a knee brace and walking poles, and no pain meds needed. When the knee flares up, my best treatment is deep water workouts.

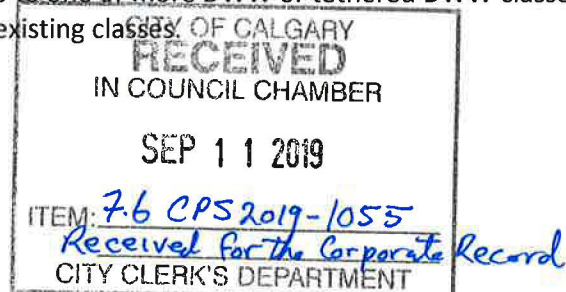
Pain and lack of mobility make a life grey and joyless. Calgary's population is aging - the right exercise keeps people mobile and engaged. Pools are a vital facility for fitness and therapy. Mobil people do not require special transportation or living facilities. Fit people of any age are happier and can contribute more to the community. It is a mistake to shut down a facility when the need for it clearly increases in the years to come.

SUMMARY

- pool workouts can play a major role in improving and retaining mobility, independence.
- Inglewood Pool and Beltline Pool could provide vital support for a growing portion of Calgary's population.

RECOMMENDATIONS

- Consider partnering with a physiotherapy or rehab group to provide strengthening and rehabilitation classes. These classes would be held once a week, and the attendees also go to one or more DWW or tethered DWW classes. Thus the pools would provide a service and increase attendance in existing classes.



Thank you
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