



**California Pacific
Medical Center**

A Sutter Health Affiliate

MEDIA RELEASE

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**CPMC UNVEILS UNIQUE REHAB TERRAIN PARK
First-of-its-kind space helps patients re-learn how to walk and
navigate the bumps and barriers of the real world**

(San Francisco, November 15, 2007) -- A new therapeutic park is adding a real-world twist to help patients learn how to walk again after an injury or stroke.

The Archibald/Ehrenberg Rehabilitation Terrain Park at the Davies Campus of California Pacific Medical Center features real world challenges such as uneven surfaces, marble floors, gravel hiking trails, even beaches and cobble stoned roads. The idea is to help patients learn how to walk in an environment that prepares them for the kinds of challenges they will face outside the hospital.

“In the past rehab was done in a gym, or in a carefully controlled setting” says Dr. Scott Rome, Medical Director of the Division of Physical Medicine and Rehabilitation at California Pacific. “But when patients left the hospital they found themselves facing a completely different set of challenges, and sometimes they were not fully prepared for those. This Terrain Park gives us a wonderful, safe setting to help patients practice real life skills.”

The Terrain Park also helps prepare patients to get back to their favorite leisure activities, with simulated hiking trails, a putting green, even a basketball court. Traffic awareness is also part of the training, with a stop light, curbs and a curb ramp to help people practice crossing a busy street.

“When our patients leave here we want them to feel ready to get back to their old life as completely as possible, as quickly as possible.” says Mary Lanier, RN, Vice President for Post Acute Services and CAO for CPMC’s Davies Campus. “This Terrain Park helps the patients prepare not just physically, but also psychologically for the challenges that lie ahead.”

The Terrain Park was funded almost entirely by charitable contributions, including a generous donation from Dr. Kenneth C. Archibald, the former Chair of Rehabilitative Medicine at CPMC. The park is named in honor of Dr. Archibald and his deceased partner, Robert Ehrenberg.

To see this unique facility in action, and to talk to patients, physicians and therapists come to the Terrain Park at our Davies Campus at Castro & Duboce at 11:00 a.m. on November 19th.

California Pacific Medical Center. Beyond Medicine.

At San Francisco’s California Pacific Medical Center, we believe in the power of medicine. We research the most up-to-date treatments, hire the most qualified individuals, and practice the most modern, innovative medicine available. We deliver the highest quality expert care, with kindness and compassion, in acute, post-acute and outpatient services, as well as preventive and complementary medicine. But we

also believe that medicine alone is only part of the solution. That's why we look intently at each individual case and treat the whole person, not just the illness. It's why we go beyond medical care and provide our patients with things like disease counseling, family support and wellness treatments. As one of California's largest private, community-based, not-for-profit, teaching medical centers, and a Sutter Health affiliate, we are able to reach deep into our community provide education, screening and financial support in some of the city's most underserved neighborhoods. Because medicine can transform a body. But going beyond medicine can transform a life. www.cpmc.org

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