

Community Newsletter

Upcoming Events

7th Annual Casino Night

Sat., March 19th, 2016
Route 23 Auto Mall
Doors Open: 6:30 PM

Team Push to Walk at the NJ Marathon

Sun., May 1st, 2016
Long Branch, NJ

Summer Boot Camp

Sun., July 17th-
Sat., July 23rd, 2016

Save The Date!

9th Annual Golf Outing

Mon., Sept. 19th, 2016
The Knoll Country Club

For more information
e-mail Stephanie

slajam@pushtowalknj.org
or call 862-200-5848

New Equipment

Over the past 6 months, new equipment has been added to improve our program and assist our clients in reaching their goals. The three pieces are a Rifton Tram Walker, Galileo, and Lite Gait.

Rifton Tram Walker is a saddle assisted walker which allows our clients to do partial-full weight bearing walking with and without assistance.

Galileo is an oscillating plate that creates a stretch reflex in the muscles causing them to contract improving our clients' circulation and bone density.

LiteGait is a harnessing system that allows trainers to do treadmill and over ground walking with clients. It provides a safe way to practice walking and standing with the freedom of being able to move throughout the entire gym.

At Push to Walk we strive to provide innovative workouts to our clients and state-of-the-art equipment is essential in doing so.

Donate Assets to Push to Walk



We are excited to announce that Push to Walk has opened a brokerage account. Please consider donating one of the following asset types:

- ❖ Publicly Traded Stock Common and Preferred Stock
- ❖ Corporate and Municipal Bonds
- ❖ Exchange Traded Funds (ETF)
- ❖ Closed End Funds (CF)
- ❖ Unit Investment Trusts (UIT)
- ❖ Mutual Funds

Making such a gift can help you with your tax planning, while also helping further our mission. Please contact Candice Hoff, Development Director, at 862-200-5848 to learn how to make an asset donation.

Spotlight: Push to Walk Partners with Seton Hall



Over the past year, Push to Walk has worked with Dr. Preeti Nair, P.T., Ph.D., Associate Professor in the Department of Physical Therapy at Seton Hall University and acted as a study site for research comparing the validity and reliability of the Shaw Gait Assessment in comparison to the GaitRite.

This is the first time Push to Walk has collaborated with a university to conduct research at its facility.

Our top priority has always been providing high quality exercise to optimize the health and quality of life of our clients. With this research collaboration, we also wish to show that we are capable of making a bigger contribution to the science behind exercise and neuro-rehabilitation. In doing so, we hope to find even better ways of benefitting our clients and other people living with paralysis.

Information on the study and results were recently published in Seton Hall University's School of Health and Medical Sciences' *Ins!ght* magazine. You can read the full article at:

<http://pushtowalknj.org/document/insights-seton-hall-university.pdf>