

TO MEDIA

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FOR IMMEDIATE RELEASE

**INDEPENDENCE HEALTH SYSTEM SUPPORTS OTHERS
ON ROAD TO RECOVERY THANKS TO GROCER'S SUCCESSFUL
REHABILITATION AND FUNDRAISING BIKE RIDE**

New equipment enhances system physical therapy gyms in Unity and North Huntingdon

GREENSBURG, PA, June 30, 2023 ... Ray Charley didn't let a potentially life-ending accident keep him from pursuing his passion for cycling. His tenacity will help others on their road to recovery from surgery, illness or injury thanks to a successful fundraising ride that generated more than \$71,000 for specialized rehabilitation equipment now in place at rehabilitation gyms operated by Independence Health System in Unity Township and North Huntingdon Township.

One of the owners of Charley Family Shop 'n Save grocery stores in Greensburg and Murrysville, Charley credits the orthopedic surgeons and rehabilitation specialists at Independence Health System-Westmoreland Area, with helping him recover from injuries sustained when he dodged a distracted driver during a training ride in January 2020. A shattered pelvis left him unable to walk but he was determined to make a comeback and resume his training. Following surgery with surgeons from Independence Health System's Orthopedics Institute, Charley underwent many months of physical therapy at Excelsa Square at Latrobe and with a private therapist. To express his gratitude and undertake a personal challenge, he invited the community to support his "Ray Rides Again" fundraiser held under the auspices of the Westmoreland/Frick

Hospital Foundation where he is board chair.

“I was fortunate to have a team of medical professionals of this caliber here at Excelsa Health ... It’s been a blessing for sure to have world-class quality care right here in our community,” said Charley as he prepared for a 12-day, 440-mile cycling journey over rugged, difficult terrain across the Hayduke Trail MTB in Utah in October 2021. Although he didn’t finish this grueling endeavor, he proved he could indeed ride again, and successfully engage with the community by sharing his vision and his mission. The result: an impressive \$71,000 that included community support and donation matches from Charley and the foundation.

Proceeds from the October 2021 event have been used to purchase a new Alter G anti-gravity treadmill, Power Rack plus Functional Trainer, an upright bike and a Pilates Reformer and related accessories for the rehabilitation gym at Excelsa Square at Latrobe and support the relocation of an existing Alter G to Excelsa Square at Norwin.

In choosing the equipment, Amy Sailor, director of Rehabilitation Services for Independence Health System-Westmoreland area, said, “We looked at what therapies Ray Charley had benefitted from, and what resources could enhance rehabilitation for patients with various diagnoses, especially orthopedic and neurological cases, as well as expand offerings for those with sports injuries.”

Using air pressure to reduce impact, the Alter G helps to improve range of motion and balance, restore natural gait and enhance neuromuscular and proprioceptive retraining through precise weight-bearing therapy. The Power Rack and Trainer from Keiser uses pneumatic technology rather than iron weights to provide the appropriate resistance for functional training within the healthcare environment. Similar in appearance to trainers found in commercial gyms, the Keiser device was designed in collaboration with the Council on Aging and Adult Development to support research on aging and exercise.

The Matrix Upright Cycle from Performance Health has a race inspired design that offers beginners and cycling enthusiasts the feel of a real outdoor ride. The cycle features virtual programming that supports muscle building throughout the exercise routine.

Pilates exercises can help to improve muscle weakness, tightness, imbalances

and control. The Pilates Reformer machine can be used to decrease the effects of gravity and allow for a low impact workout with body resistance or added weights. In this way, those with arthritis, osteoporosis, nerve impairment and abdominal weakness can work on strength, coordination and balance to decrease their symptoms and improve their quality of life in a comfortable and safe manner.

Nationally recognized for quality care, Independence Health System comprises Butler Memorial, Clarion, Frick, Latrobe and Westmoreland Hospitals with a combined bed count of 925. With more than 1,000 physicians and advanced practice providers and 7,300 employees, the System is now the third largest in western Pennsylvania serving a population base of 750,000 in a footprint spanning more than 10 counties.

The System includes tertiary programs that are rated among America's best for cardiac care and surgery by Healthgrades in its Top 100 and Top 50 designations, and one of only five in Pennsylvania to achieve a five-star rating in cardiac surgery. In similar fashion, the prestigious Society of Thoracic Surgeons (STS) bestowed its top three-star rating. Historically, less than 10 percent of programs within the STS data base achieve this elite standing. The hospitals of Independence Health System also have earned a host of accolades from such prestigious outlets and sources as US News and World Report, Newsweek Magazine, the American College of Radiology, the American College of Cardiology, the American College of Surgeons, the Joint Commission, Leapfrog and the American Heart/Stroke Association.

Locally owned and locally controlled, Independence Health System offers its patients low-cost, high-quality care across the care spectrum in such specialties as cardiology, cardiovascular and thoracic surgery, orthopedics and sports medicine, minimally invasive and robotic surgery, women's health and obstetrics, emergency medicine, behavioral health and primary care. Its network of outpatient centers sees more than 1.2 million visits annually. The homecare division further supports patients at all stages of life with home health and hospice services.

Independence Health System continues to change the healthcare landscape in western Pennsylvania by meeting patient needs through superb physician expertise, outstanding nursing, the latest in technology and programmatic depth.