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Physical therapy machines increase health center's rehabilitation services

By Jennifer Dods
Staff Reporter

The addition of three therapy machines to the University Health Center enables its physical therapy department to offer complete services, said Lee Obermeyer, health center physical therapist.

The health center uses the machines to rehabilitate the upper body, thighs and ankles after injuries, Obermeyer said.

"These were pieces we need to do the job well," Obermeyer said. "Now we are able to treat any condition we're presented with."

Before the department added the machines, students had to use free weights to strengthen their arms, chests and thighs, and ankle braces, surgical tubing and tape to strengthen their ankles, he said.

Although therapists sometimes use the old methods, the new equipment

has advantages, Obermeyer said.

With equipment such as the Biomechanical Ankle Platform System (BAPS), students can strengthen their ankles by increasing the weight they lift. By using weights, students learn to endure pressure similar to when they walk, Obermeyer said. The BAPS cost \$425, he said.

The two other machines are an Upper Body Exerciser (UBE) and a Universal Exerciser (Unex).

The upper-body machine cost \$2,400, Obermeyer said, and is used mostly to rehabilitate injuries. But it also is used by those who can't run or walk for aerobic exercise.

The machine works all upper-body muscles. The free weights used before exercised only specific muscles, he said.

The Universal Exerciser, \$1,800, works the thigh muscles and hips after surgery and can be used to improve

balance. It keeps joints still so only certain muscles are strengthened, Obermeyer said.

The department now has 25 physical therapy machines, Obermeyer said.

Some of the machines the department already owns include cross-country skiing simulators, heat therapeutic machines, whirlpools, contrast baths, traction units and exercise bikes, he said.

Obermeyer said that since the beginning of the semester, the department's physical therapists have used the new machines for 16 percent of the center's 1,408 treatments.

Obermeyer said he thinks the machines will become more important as the intramural sports season progresses and injuries increase.

"The trend is for active students," he said. "With the completion of the recreation center, our use will increase."

Farm bill could give boost to UNL agricultural research

By Emily Rosenbaum
Senior Reporter

The 1990 farm bill could lead to more money for agricultural research at UNL, according to the dean of the UNL Agricultural Research Division and U.S. Sen. Bob Kerrey's agriculture representative for Nebraska.

That research is needed to keep American farmers efficient and competitive, said Darrell Nelson, dean and director of the division.

Under current provisions of the farm bill, 30 percent of the total amount of money used for University of Nebraska-Lincoln agricultural research would come from federal money provided for in the bill, he said.

UNL uses about \$32 million for research every year, but \$8 million of that is self-generating, he said.

Of that 30 percent, about one-third would go into formula funds, which are spread among the states, Nelson said he distributes that money at UNL.

About two-thirds of the 30 percent would cover competitive grants, he said.

The federal money is used for 330 UNL research projects, involving such things as water quality, forestry, foods and human nutrition, he said.

Eugene Glock, Kerrey's agriculture representative, said the main thrust of the bill is an "attempt to bring more flexibility to farmers."

One way to do this is to provide more efficient farming methods through research, he said.

If farmers can't make a profit with

sales, it is necessary to find cost-cutting methods through agricultural research.

"Most people feel that agricultural research is the key to keeping competitive in the future," Nelson said. "We have to be efficient in production in order to be competitive."

Nelson said there will be significant changes in research in the future. Some areas he thinks will be the focus of that research include plant and animal biotechnology, water quality, efficient use of water, the effects of global climate change on plants and the relationship between diet and health, he said.

Animal genetics also will be an area of research as more people become concerned about cholesterol and try to get leaner cuts of meat, he said. Genetic manipulation will be a focus of research in the 1990s, he said.

Nelson added that he thinks increased money for research is more of a possibility now than in past years. Less emphasis is being placed on the defense budget, while research and education are two of the biggest priorities.

"Overall, it (the farm bill) is very important to us," he said. "I'm much more optimistic than I have been in past years."

The farm bill, officially known as the Food Security Act, sets spending limits on a wide variety of agriculture programs that receive billions of dollars a year. The bill is renewed every five years.

Lottery

Continued from Page 1

Alan Silverstein of the North Platte Chamber of Commerce testified in favor of the measures, saying he has heard "overwhelming" support from his members.

Nebraskans think the lottery would help keep money that should be kept in the state, he said.

Don Hanway of the Nebraska State Grange, however, said those supporting gambling in Nebraska "need to search their hearts and consciences."

Gambling is "immoral and addictive," he said.

Deanna Frisk of the League of Women Voters of Nebraska urged senators to "help bring down this lottery fever."

Although the money looks inviting, the social costs are too great, she

said.

"Nebraska would not only endorse a vice but participate in a vice," added Daniel Gangler of the Nebraska Conference of the United Methodist Church.

Jim Bowman, director of the Nebraska Lutheran Advisory Office, said he does not think the "ends justify the means."

Roger Hirsch, deputy tax commissioner for the Department of Revenue, said the financial benefits of the lottery are exaggerated, as are estimates that from \$6.7 million to \$15.3 million from Nebraska is wagered in other states.

"In the great scheme of things, that's not a great deal of money," said Hirsch, who also testified for Gov. Kay Orr in opposition.

"Many people would be losers in more ways than one," said George Haws of Indianola, in urging senators to "just say no to a state lottery."

Pool

Continued from Page 1

Stan Campbell, director of campus recreation, said the pool was scheduled to open in October, when construction was completed.

"They need to issue us a permit before we can open the pool," Campbell said.

Daniel said the law exists to ensure public safety, and the pool has

not been used yet, so UNL will not be fined for the violation.

The health department began its inspection of the pool Thursday, he said.

"There are some physical concerns that need to be worked out with the university" before the pool can be opened, he said.

Daniel said he couldn't say what those concerns were, but how soon the department issues a permit depends on how fast the university responds to the concerns.

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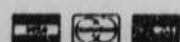
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