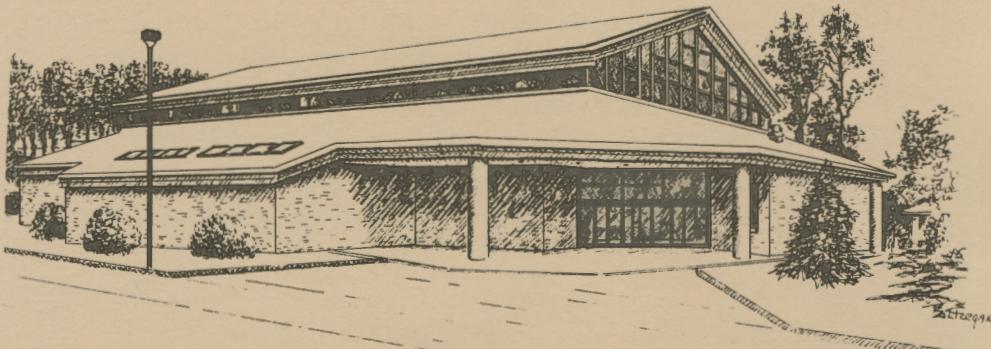


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Ernest "Fritz" Hollings
**Muscular
Development
Building**



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STATE DOCUMENTS

1410 Boston Avenue
West Columbia, South Carolina

The South Carolina Vocational Rehabilitation Department's 20-acre rehabilitation complex, located in West Columbia, provides one of the most comprehensive service programs in the country for severely physically and mentally disabled South Carolinians.

Clients who would have difficulty for one reason or another, going from location to location in order to receive multiple rehabilitation services, can now take advantage of one of the most modern facilities in the Southeast as the complex brings together many of the services that the Vocational Rehabilitation Department had to purchase from a variety of outside vendors in the past. These services include vocational evaluation, recreational therapy, activities of daily living/life function skills, transportation (within greater Columbia area), driver's evaluation/training, independent living services, nursing services, physical therapy, occupational therapy, rehabilitation engineering services, speech and hearing services, and a chronic pain counseling program.



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Muscular Development Center

Regular exercise holds an important place in the lives of healthy individuals and an equally important place in the lives of people with disabilities. Recognizing this the Vocational Rehabilitation Department built the Muscular Development Center, a 16,500 square foot building and the focal point of the West Columbia Rehabilitation Complex.

The center contains state-of-the-art physical therapy equipment, a therapeutic swimming pool, two smaller therapy pools, a well-equipped exercise area, a steam room, office space and a conference room and allows the Vocational Rehabilitation Department to provide well-rounded fitness therapy programs which include aquatic, physical and recreational therapies.

The therapy pools permit the Vocational Rehabilitation Department to offer therapeutic aquatics programs unique to Columbia and probably to the Southeast. For instance, clients participating in the chronic pain program can participate in aquatic therapy. The water makes these clients buoyant and allows them to exercise in the water in ways they cannot exercise on land and with much less pain.

The exercise area allows physically disabled clients to continue a muscular development program in an accessible environment. It offers therapeutic resistive exercise equipment designed to work a full range of muscles including pulley weights, treadmills, exercise cycles and a 16-unit exercise station.



Joe S. Dusenbury, Commissioner
1410 Boston Avenue
P.O. Box 15
West Columbia, S.C. 29171-0015

April -- 1988

The South Carolina Vocational Rehabilitation Department does not discriminate in the delivery of services or in employment.

The South Carolina Vocational Rehabilitation Department offers equal opportunity in its employment and provision of services without regard to race, color, religion, sex, national origin, age or mental or physical disability in keeping with the provisions of Title VI of the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973.