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Commentary

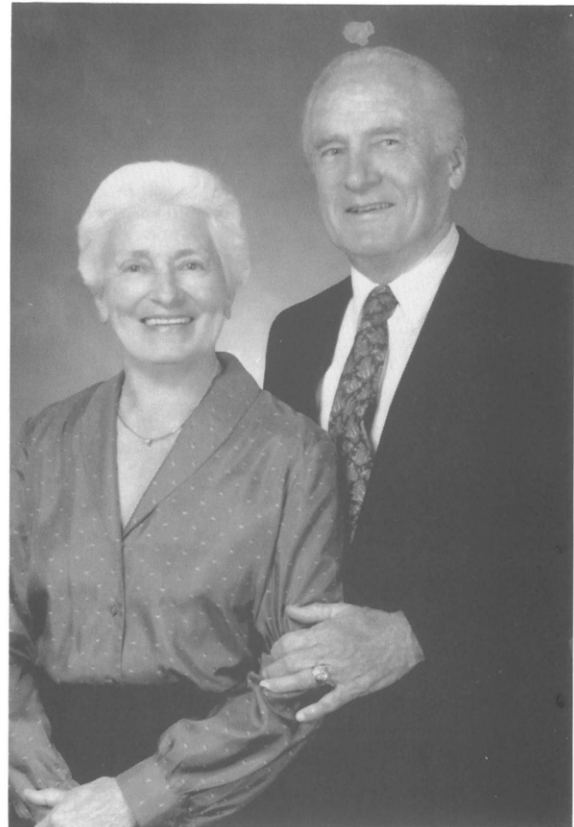
Reflections of a seasoned athlete

Meet Marie and Mike Kelleher. Marie is 81 years young and is a master swimmer in the Golden Olympics. She is a gold medalist in the butterfly and is nationally ranked in the top ten in her age category. Marie claims to have retired at least four times but now works every day. Her first retirement at the age of 65 was the start of her regular swimming regime. She started master level swimming for the Golden Olympics some 15 years ago. Previous back problems are no more since she and her husband started swimming regularly.

She started physical fitness at a very early age when her father would throw open the windows (even in winter) and he and his seven children would do jumping jacks, deep knee bends, etc. He also taught them to swim saying that they must know how to take care of themselves in the water. Marie and Mike married in 1938 and raised a family of five.

'We swim about five times a week. We have found that swimming is good for us physically, mentally and socially. We have made good friends and enjoy the camaraderie. It is relaxing, stimulating and a good way to start the day. We feel that it has kept us in good health.'

The Kellehers have required very little medical care and generally find people in the medical field to be very dedicated and helpful. They have been most frustrated when a physician 'glosses over their problem with no explanation and no real physical examination. How can a physician examine a painful foot without touching it? An



X-ray can tell some things, but not everything. If the foot causes severe pain, something must be wrong, even if it does not show on an X-ray.'