Wounded warriors rehab alongside pro athletes

[illegible]

Since 2010, more than [illegible] injured military members from all branches of service have received care alongside college and pro athletes at Athletes' Performance, an injury rehabilitation center. It's connected to the [illegible] [illegible]

U.S. Air Force Chief Master Sgt. Damian Orslene works out at Athletes Performance, a rehab center connected to one of the world's top sports surgeons, in Gulf Breeze, Fla.

After six weeks of therapy, he walked on his own and began training in a wind tunnel to return to skydiving. He plans to make his first post-injury jump this month.

Different from pros

Not all military rehabilitation stories are as successful as Orslene's, said Russell Orr, an athletic trainer at the center and a former strength and conditioning trainer for the New York Yankees.

[illegible]

PLANS TO EXPAND

The plan is to expand the program under a new name, The Comeback Initiative, to include injured police officers, firefighters and other first responders at Athletes' Performance facilities nationwide.

[illegible] trainers with moving equipment [illegible] other drudgery that professional athletes would expect staff members to do for them.

And Orr said the military members are taught to tough out injury, which can lead to further injury. He likened [illegible] ing, the way a chef tastes the food to gauge progress.

"The professional athlete will definitely tell you if you have overcooked them," Orr said. "The military guy will keep saying 'I'm good.'"

The military personnel, many of them amputees, sometimes gauge success by being able to carry their child or live without constant pain that can make them irritable with their families.

"If you are wrapped up by saying 'Man, I wish this stuff' [illegible] change your attitude," Orr said.

Rule sets equal care for mental illness

By Kelly Kennedy and Aamer Madhani

USA Today

WASHINGTON — Five years after passage of a law establishing equality between mental health care and other medical treatments, the Obama administration announced its final rule Friday defining how treatment must be provided.

The rule requires insurers to charge similar co-payments for mental health treatment as they would for physical ailments. It also makes clear that deductible and visit limits are generally not more restrictive for mental health and substance abuse care.

"This final rule breaks down barriers that stand in the way of treatment and recovery services for millions of Americans," said Health and Human Services Secretary Kathleen Sebelius. "Building on these rules, the Affordable Care Act is expanding mental health and substance use disorder benefits and parity protections to 62 million Americans."

"The rule will really dictate how parity gets implemented," said former representative Patrick Kennedy, who worked with his father, the late senator Edward Kennedy of Massachusetts, on the Mental Health Parity Act.

In 2008, Congress passed and President George W. Bush signed into law the Mental Health Parity and Addiction Act, which demands that mental illnesses be treated the same as other illnesses. The argument: Those who have cancer are not denied care after 10 visits if they are not healthy; those with depression should also not be denied care if they are not healthy.

The announcement came as Sebelius attended a mental health conference at the Carter Center in Atlanta.

Insurers, including the insurance industry trade group America's Health Insurance Plans, have argued that it's too difficult to compare physical illnesses to psychological illnesses in an apples-to-apples way, and they have insisted upon evidence-based guidelines. Mental health experts say they can do that.

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