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IT'S VIRTUAL REALITY

Local business offers games for all ages and all skills

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Photography provided.

FOCUSED ON YOUR PAIN

BY LINDA WILLIFORD

If you have been to every doctor in town and still live in pain, you might want to consider Restoration Health – Pain Management and Rehabilitation. Restoration Health treats various conditions from muscular-skeletal and neuromuscular conditions from injuries that could be acute problems or chronic degenerative problems. Restoration Health treats everything from the neck down, including shoulders, knees, wrists, elbows, and peripheral nerve problems. They also treat lower back pain, the 2nd most common reason people go to see a doctor. 60-70% of the patients at Restoration Health are there for lower back pain.

Dr. Clay Rainer, who opened Restoration Health in 2012, says, “Our clinical focus is on restoring, maximizing, and maintaining normal physical functions.” He further explains, “That means typically some type of barrier or multiple barriers are causing limitations to the physical functioning that generally causes pain, and we address those barriers starting with whatever is most prominent.”

Dr. Rainer says, “they do not do surgical procedures, but they

treat anything non-surgical that interferes with how the body moves. Restoration Health is more than pain management. That is a big part of what they do, but not all they do. If you have weaknesses, lack of endurance, flexibility problems, or balance issues, these problems are also addressed.”

“We want people to know that at Restoration Health, we treat the whole person. We evaluate each individual and customize a treatment plan for them.” But, Rainer adds, “we don’t take a cookie-cutter approach to anything.”

Dr. Rainer enjoys seeing people make progress. “A person may come into my office in a wheelchair, and six months later, I see them walking in. Or someone may be doubled over in pain, and six weeks later, I will see them walking in with a smile.” But, he added, “I also like teaching the patient what’s going on with their body. I will tell them what their options are and that there may be more than one way to approach their problem.”

Dr. Rainer has an undergraduate degree in biology from Samford University in Birmingham. He attended medical school at the University of Alabama at Birmingham (UAB) and completed a four-year residency program at UAB.

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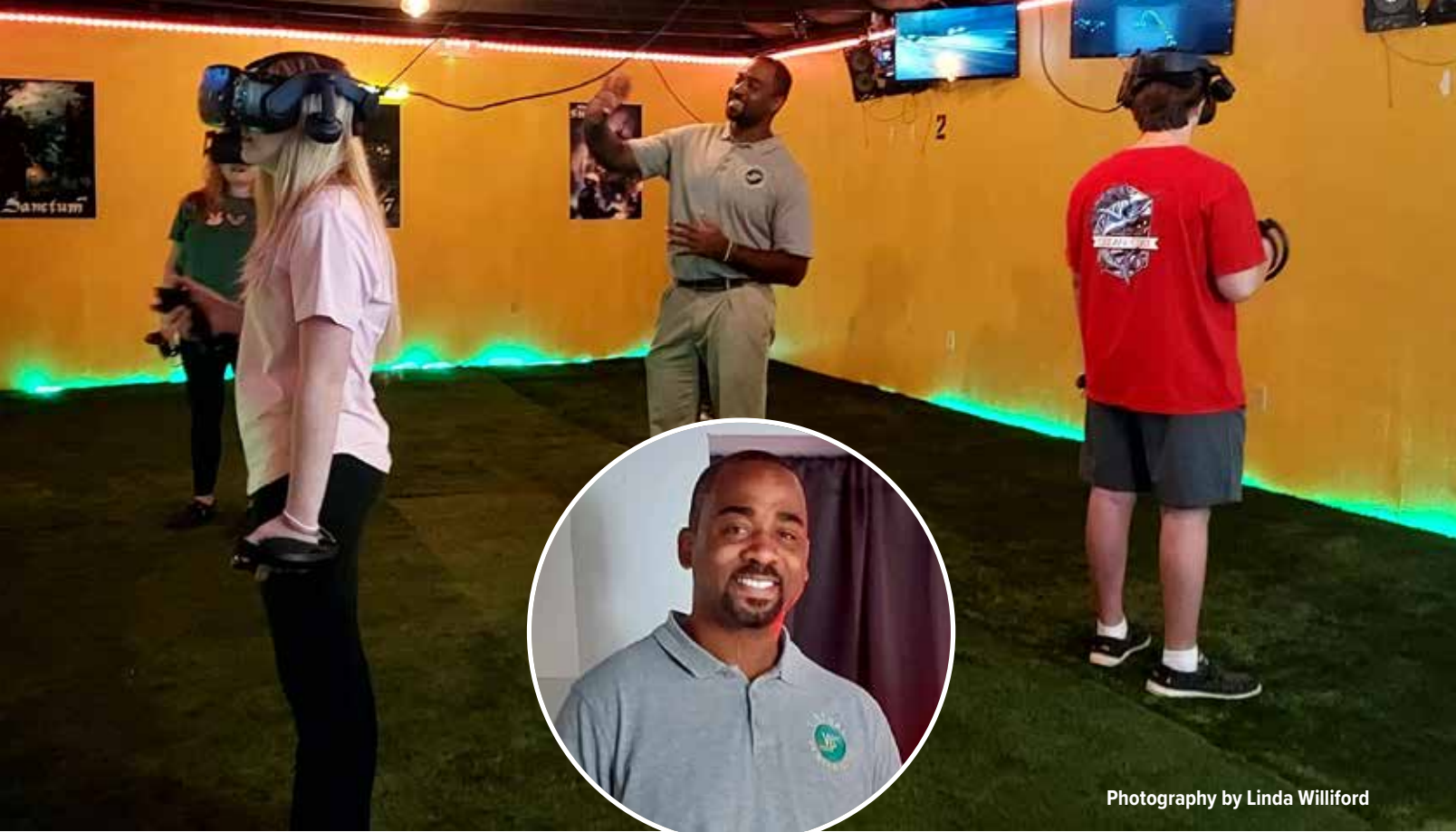
Introducing the face of EXIT Realty Landmark, Preston Potter. Preston is a career-driven, hardworking REALTOR® here at our brokerage. Born and raised in Fairhope, AL, Preston has always loved helping others, whether it is volunteering to help build Yurts in Alaska, to helping with laundry at the animal shelter. Preston got his very first job the minute he could at the age of 15 and has held a job ever since. Growing up, he was always interested in Real Estate and loved giving back to the community that did so much for him. He wanted to pursue a career in Real Estate. His first job in the field was as an Administrative Assistant at EXIT Realty Landmark where he helps broker/owners, Jenny and Diane, with the everyday tasks needed to run a thriving Real Estate Brokerage. It was during that time that Preston knew he was ready to take the jump and study to obtain a license of his own. Preston's hard-working, career-driven attitude is going to work great in the business of Real Estate and he is excited to meet many new people, and help them find their home in our little slice of paradise. Ready to buy or sell? Contact Preston at 251-689-6770, prestonpotter.com/ or text connectwithPreston to 85377 to request his mobile business card.



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Photography by Linda Williford

FOLEY'S HOME FOR PREMIUM VIRTUAL REALITY ENTERTAINMENT

BY JASON ZASKY

"This could become a thing," James Denley said to himself, after he experienced multiplayer virtual reality technology for the first time six years ago. Fast-forward to today, and Denley, 38, owns and operates Virtual Playground, a business specializing in room-scale, multiplayer virtual reality entertainment.

"We provide our customers with access to premium virtual reality equipment, apps, and a play space, and we strive to provide an active lifestyle experience. The physical movement is low impact, but it really gets your body involved," says Denley, who grew up in Foley and graduated from Foley High School before attending the University of Southern Mississippi on a football scholarship and ultimately moving back to his hometown.

"We have virtual reality escape rooms, virtual reality arcade games, seated experiences, fitness apps, and a whole lot more," he adds, which gives customers ample opportunity to explore virtual reality in a family-friendly environment.

If you're someone who has only heard of virtual reality but has never seen a virtual reality headset and doesn't understand the technology, Denley will be happy to educate you and show you all that Virtual Playground has to offer.

"We do have walk-ups, and I give demos where you can put on a headset and look around in 3D space," offers Denley. "You may

not understand virtual reality before you come in, but before you leave, you'll have a pretty good concept of what it is."

Denley says those individuals typically come back with family or friends to experience Virtual Playground's virtual reality escape rooms and its competitive multiplayer games, the latter of which include shooter games like Archer and the sci-fi-oriented ARVI Arena.

As for the escape rooms, there are 12 in all, including Survival, Signal Lost, House of Fear, Sanctum, Cyberpunk, Jungle Quest, Chernobyl, and Christmas.

Denley says his personal favorite escape room is The Prison.

"It's a six-player escape room where you've been wrongly accused, and you and your team have been locked away, and you have to escape while the prison is crumbling around you," he explains, noting that it's one of the more challenging experiences.

"But our library has a range of experiences that cover just about every demographic," he says, from teenagers to grandparents. And more and more, customers have begun reserving the facility for hours at a time to host birthday parties and team-building events.

"You can lease the facility and get access to all our workstations," explains Denley, not to mention all the other amenities on hand, including a retro arcade, a boxing machine, and mini virtual reality experiences that can be had using a desktop PC, headset

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“My specialty is Physical Medicine and Rehabilitation,” he says.

He has been in private practice for over 15 years. He has a clinic in Spanish Fort, his main office, and a satellite office in Foley. In addition, they have just recently opened a new office in Mobile.

While in medical school, Dr. Rainer made observations of an immense need and lack of doctors specializing in this area of medicine. “There is plenty of opportunity to improve people’s quality of life,” he said.

Dr. Rainer has a brother who also practices medicine. His brother is Dr. Ryan Rainer, a primary care doctor, and he is with the Jubilee Primary Care office in Foley.

Dr. Rainer said what gives him drive each day is his faith in God and his commitment to excellence. This is combined with taking care of his family. He and his wife have been married for 24 years, and they have five children. They range from a sophomore in college, a freshman in college, two 8th graders who are twins, and a 2nd grader.

In his free time, Dr. Rainer spends time outdoors hiking, biking, and going on trips with his family. He is a member of the 1st Baptist Church and enjoys spending time doing church activities.

Dr. Rainer wants to give a shout-out to his team of doctors, Dr. David Thomason, and his new addition Dr. Taylor Scruggs who are also at Restoration Health in the Foley, Spanish Fort, and Mobile clinics.

For more information, go to restorationdocs.com. Or call 251-626-0732. Also, see the ad on page 15

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and gamepad.

Virtual Playground has also established a competitive virtual reality e-sports tournament league (VR Knights Academy) and expects to compete in e-sports-type events in the very near future.

“There’s already an e-sports industry,” reminds Denley, who envisions a day when something similar develops around the best virtual reality sports athletes.

A lot of the games get you “smiling and sweating,” as Denley puts it, before noting that the first time he knocked a bow and arrow was in virtual reality.

“After a while, it’s really strenuous. You play 15 minutes, and you have worked up a sweat shooting at nothing in space,” he says with a laugh.

Likewise, Virtual Playground’s other offerings have players doing a lot of squatting, crouching and ducking, and generally getting physically involved.

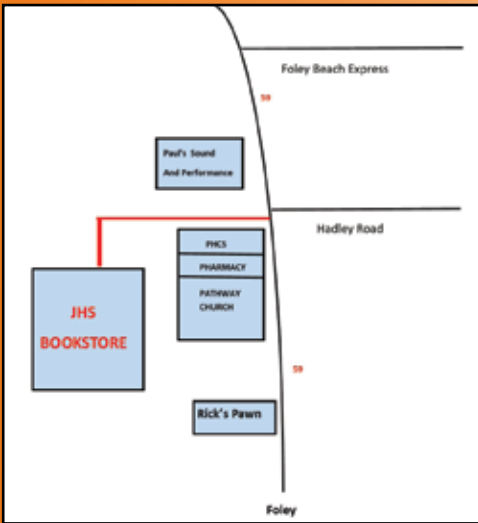
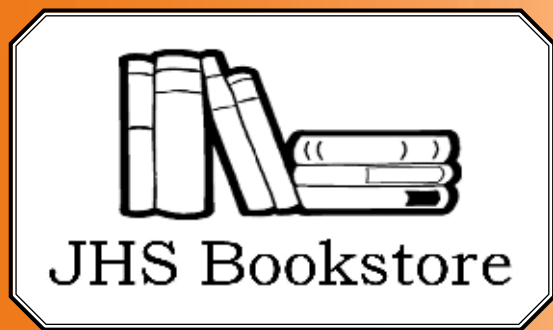
“We’re going to try to encourage the community to get involved (with virtual reality e-sports teams),” he adds, calling them “a fun and affordable way to stay engaged and involved with virtual reality.”

Meanwhile, he says he’s deriving a lot of satisfaction from opening the business and giving locals the opportunity to enjoy memorable virtual reality experiences that you can’t get at home.

“It’s something unique and engaging that you can’t get anywhere else,” he concludes.

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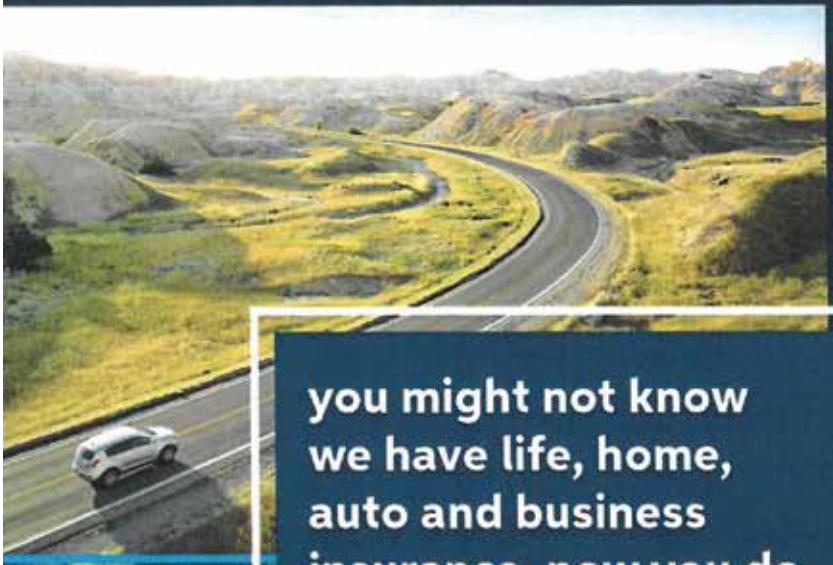
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