

February 22, 2022

James Conforti, Interim President and CEO  
Sutter Health  
2200 River Plaza Drive  
Sacramento, CA 95833

Dear Mr. Conforti:

I am Susan K. Stevens, MD, a newly retired (as of January 31, 2022) Sutter physician who lives in San Mateo County, writing in support of the reopening of the Mack E. Mickelson Arthritis and Rehabilitation Center Therapy Pool for community use at the Mills Health Center in San Mateo, CA.

I have been using the pool myself for the past 24 years as a source of aquatic physical therapy after sustaining a neck injury resulting in 2 cervical disc herniations in 1995. Not only has the aquatic physical therapy substantially alleviated my chronic neck pain and significantly improved my mobility and strength, but it has also allowed me to practice as a physician for these past 24 years, hopefully helping 24-years worth of patients!

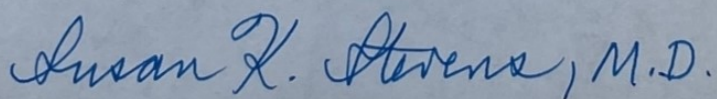
Furthermore, I have been able to see firsthand the tremendous effects that the sublime water therapy of the Mickelson pool has had on both young and old patients alike. Postoperative patients following hip/knee/other joint replacements, patients with osseous metastases and fractures, athletes with ACL tears, post-craniotomy and post-spinal surgery patients, patients with chronic debilitating arthritis who cannot walk, and the tear-your-heart-out pediatric patients with cerebral palsy or muscular dystrophy have ALL benefited from aquatic therapy at the Mickelson pool.

The Mickelson pool is special. It is one-of-a-kind in San Mateo. It is not your regular old "lap-swimming" pool that can be found elsewhere in the county. The Mickelson pool has trained physical therapists, and patients are required to have an MD prescription for use of the pool. Everyone who uses the facility has a physical need, and it is usually a need that cannot be met with "land" weight-bearing exercise.

The population of San Mateo County is aging. The physical exigencies of this population need to be addressed. Optimally, keeping these patients mobile outpatients would seem to be a desirable goal.

Thus I submit this letter advocating for the reopening of the Mack E. Mickelson Arthritis and Rehabilitation Center Therapy Pool for community use at the Mills Health Center in San Mateo, CA. For those that are fortunate enough to use the pool, the benefits are life-altering.

Sincerely,



Susan K. Stevens, MD