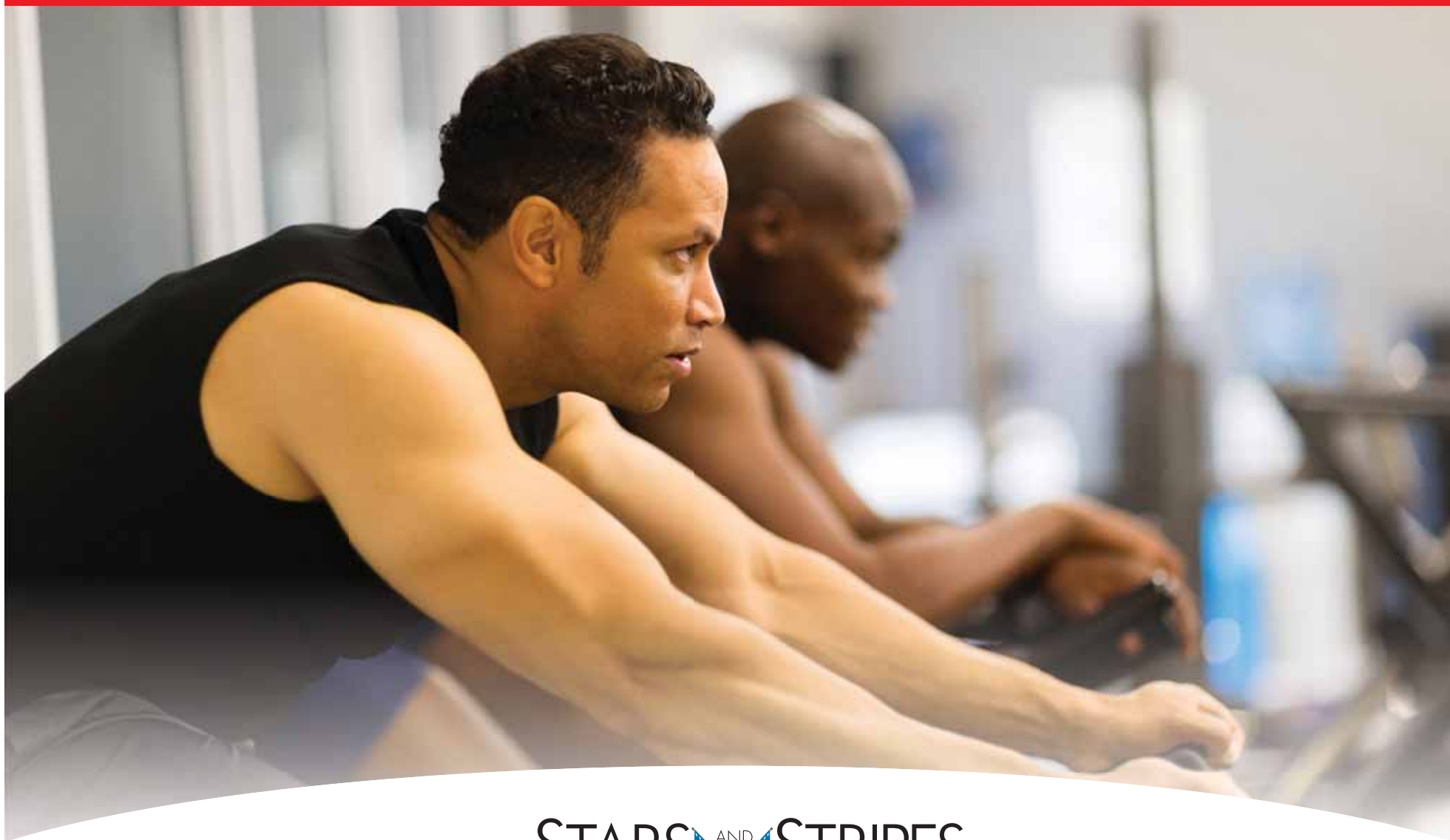


**FEBRUARY 2020**



STARS  STRIPES®

# Korea Healthy Living Guide

- Relax at a traditional Korean sauna
- How service dogs help veterans cope with PTSD
- Health secrets of bibimbap
- Combat Power Restoration Center up and running!



**8-PAGE PULLOUT**



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# Jjimjilbang

## Relax at a traditional Korean sauna

KOREA TOURISM ORGANIZATION

The best place to spend winter is inside where you can be warm and toasty! What better place than in a jjimjilbang, Korea's traditional sauna. At a jjimjilbang, you can try sauna rooms in a wide range of temperatures from steaming hot to freezing cold, as

well as try out new experiences. For instance, you can look like Princess Leia with a rolled towel on your head or try traditional steamed eggs. Jjimjilbang are also great for travelers looking for super cheap accommodations, as long as you don't mind sharing the room with a dozen or more people. For a unique winter experience, check out one of the jjimjilbang in this column.



Traditional Oriental Forest Land  
Photo courtesy of Korea Tourism Organization

### Traditional Oriental Forest Land

If food is at the top of your list, then Traditional Oriental Forest Land is the place for you! This jjimjilbang features plenty of tasty snacks lightly toasted over oak charcoal to bring out their flavors! The in-sauna snack bar sells everything you could hope for, from garaetteok (rice cake stick) and sikhye (sweet rice drink) to potatoes, sweet potatoes, eggs, and even tangerines; and of course, it wouldn't be Korea without cup ramyeon!

When visiting Traditional Oriental Forest Land, keep your eyes open for Nabi, the resident cat! She especially loves the tepid room and can often be found lounging about here. Another unique feature to check out is the therapy room. The hot brazier will warm up even the coldest people!

- **ADDRESS:** 75-7, Bongwonsa-gil, Seodaemun-gu, Seoul
- **DIRECTIONS:** Take Bus No. 7024 from Sinchon Station (Seoul Subway Line 2), Exit 3 → Get off at Bongwonsa-gil Bus Stop and walk for approx. 5 min
- **OPERATING HOURS:** Open 24/7 (Day 5 a.m. - 8 p.m. / Night 8 p.m. - 5 a.m.)
- **ADMISSION**
  - Day: Adults 12,000 won / Teenagers & Children 6,000 won / Preschoolers 4,000 won
  - Night: Adults 13,000 won / Teenagers & Children 6,000 won / Preschoolers 4,000 won
- **INQUIRIES:** +82-2-365-2700 (Korean only)
- **WEBSITE:** [inforest.koreahb.kr](http://inforest.koreahb.kr) (Korean, English, Japanese)

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## SPASIS

While the invention of saunas and fried chicken may not be attributed to Korea, there is no denying Korea's love of them! Spasis in Incheon is the only jjimjilbang in Korea where you can enjoy these two Korean favorites together! Order the classic fried chicken or Korean varieties such as hot and spicy or soy sauce-marinated chicken; boneless chicken is a popular choice for people who want to eat with less mess. The serving sizes here are large, so be sure to come with an empty stomach, and don't forget to order a beer for the true Korean chimaek (chicken and beer) experience. After getting your fill, you can relax in the Himalayan salt room, play a round of pool, or watch a movie!

- **ADDRESS:** 263, Gyeongin-ro, Michuhol-gu, Incheon
- **DIRECTIONS:** Walk for approx. 10 min from Dohwa Station (Seoul Subway Line 1), Exit 2
- **OPERATING HOURS:** Day 6 a.m. - 8 p.m. / Night 8 p.m. - 6 a.m.
- **ADMISSION**
  - Day: Adults 10,000 won / Teenagers 9,000 won / Children 4,000 won
  - Night: Adults 11,000 won / Teenagers 9,000 won / Children 4,000 won
  - \* Free admission for infants under 24 months
- **INQUIRIES:** +82-32-866-4545 (Korean only)
- **WEBSITE:** www.spasis.co.kr (Korean only)



Spasis  
Photo courtesy of  
Korea Tourism Organization



The Spa in Garden 5  
Photo courtesy of Korea Tourism Organization

## The Spa in Garden 5

For a spa with a view, head to The Spa in Garden 5, located in the Songpa-gu district of Seoul; the bathing area is famous for its view of the sky and Lotte World Tower. Enjoy the various pools before heading to the communal area, with sauna rooms for every style. After trying out the saunas, enjoy some snacks and light conversation overlooking the Heavenly Garden Atrium. Tables and chairs are placed around the area for added comfort.

- **ADDRESS:** 10, Chungmin-ro, Songpa-gu, Seoul
- **DIRECTIONS:** Walk for approx. 10 min from Jangji Station (Seoul Subway Line 8), Exit 1
- **OPERATING HOURS:** Day 5 a.m. - 9 p.m. / Night 9 p.m. - 5 a.m. / Weekends 5 a.m. Saturday - 5 a.m. Monday / Public holidays 5 a.m. - 5 a.m. (next day)
- **ADMISSION**
  - Day: Adults 10,000 won / Children 8,000 won / Preschoolers 6,000 won
  - Night & weekends: Adults 12,000 won / Children 10,000 won / Preschoolers 8,000 won
  - \* Children (elementary school students) / Preschoolers (25 months - 6 years)
  - \* Free admission for infants 24 months and younger (1,000 won charged separately for clothing)
- **INQUIRIES:** +82-2-404-2700 (Korean only)
- **WEBSITE:** www.spagarden5.co.kr (Korean, English, Japanese, Chinese)

## Club K Seoul

The lounge of Club K Seoul, located near Seolleung Station, combines the relaxing atmosphere of a spa with visual and literary arts. Visitors will be pleased with the book café, lifestyle shop, therapy shop, fitness club, jazz bar and other cultural amenities. One entire wall of the lounge area is covered in bookshelves filled with books. If you can't find one to read, you can simply enjoy the cultured interior, increased by world famous paintings that scroll by on the digital frame. The fitness club operates on a membership system, but also offers a free 1-day experience.



- **ADDRESS:** 524, Seolleung-ro, Gangnam-gu, Seoul
- **DIRECTIONS:** Walk for approx. 3 min from Seolleung Station (Seoul Subway Line 2, Bundang Line), Exit 8
- **OPERATING HOURS**
  - Jjimjilbang: Open 24 hrs
  - Café: Monday-Saturday 11a.m.-5 p.m.
  - Lounge (Jazz Bar): Monday-Thursday 6 p.m.-1a.m. / Friday 6 p.m.-2 a.m. / Saturday 5 p.m.-1a.m.
  - \* Café & lounge closed Sundays
- **ADMISSION**
  - S-Ticket (5 hr Sauna): General 10,000 won / Preschoolers 5,000 won
  - C-Ticket (5 hr Café): General & Preschoolers 5,000 won
  - CS Ticket (12 hr Sauna & jjimjilbang)
- Weekdays: General 13,000 won / Preschoolers 5,000 won
- Weekends & public holidays: General 15,000 won / Preschoolers 5,000 won
- CS All-day Ticket (24 hr Sauna & jjimjilbang): General & Preschoolers 25,000 won
- K-Ticket (12 hr Sauna, jjimjilbang & fitnesscenter): General & Preschoolers 40,000 won
- General (ages 7 & older) / Preschoolers (ages 3-6)
- 2,000 won charged for jjimjilbang clothing (included in rate for CS All-day Ticket)
- 2,000 won charged for each hour over ticket time limit
- **INQUIRIES:** +82-2-563-1145 (Korean, English, Japanese)
- **WEBSITE:** www.clubkseoul.com (Korean only)



Club K Seoul lounge Photos courtesy of Korea Tourism Organization

## Songpa Park Habio Water Kingdom &amp; Jjimjil Spa

Park Habio's Water Kingdom and Jjimjil Spa is the largest water play and spa facility in Seoul. The young at heart will love the fun water slides and pools in Water Kingdom, while those looking for more rest than excitement can relax to their heart's content in the many sauna rooms.

Water Kingdom reigns supreme with the nation's longest torrent river, the Wild Wet River. This ride uses water jets to propel riders at a rapid pace; the use of a life vest and tube is required for safety. In the Jjimjil Spa, choose from the oak charcoal room, salt room, ice room, jewel room, red clay room, or any of the other sauna rooms for some much deserved R&R. If simply resting is too boring, enjoy the additional entertainment amenities, including a Playstation zone, board games, and book rentals.

- **ADDRESS:** Park Habio Bldg. 202, 111, Songpa-daero, Songpa-gu, Seoul
- **DIRECTIONS:** Walk for approx. 3 min from Jangji Station (Seoul Subway Line 8), Exit 4
- **OPERATING HOURS**
  - Jjimjil Spa: Open 24 hrs (Day 6 a.m.-9 p.m. / Night 9 p.m.-6 a.m.)
  - Water Kingdom: Weekdays 10a.m.-6 p.m. (Afternoon 2 p.m.-6 p.m.) / Weekends & public holidays 10 a.m.-7 p.m. (Afternoon 3 p.m.-7 p.m.)
- **Admission**
  - Jjimjil Spa
  - Day: Adults 13,000 won / Children 10,000 won / Infants 5,000 won
  - Night, weekends & public holidays: Adults 15,000 won / Children 12,000 won / Infants 5,000 won

- Adults (ages 13 & older) / Children (ages 3-12) / Infants (ages 2 & younger)
- Water Kingdom: Weekdays 55,000 won (Afternoon 35,000 won) / Weekends & public holidays 58,000 won (Afternoon 35,000 won)
- Additional 5,000 won charge per person for use of Jjimjilspa
- Same rates apply for all ages
- Free admission for infants under 36 months
- **INQUIRIES:** +82-1600-0666 (Korean, English, Japanese, Chinese)
- **WEBSITE:** waterkingdom.habio.co.kr (Korean only)



# Health secrets of bibimbap

KOREA TOURISM ORGANIZATION

**B**ibimbap, a bowl of rice mixed with meat and assorted vegetables, is one of the all time favorite meals of the Korean people, regardless of age or generation. Its popularity has also grown internationally with the spread of hallyu, or Korean "wave." Even some Hollywood celebrities have praised its nutritional value and talked about how it has helped them maintain a healthy diet.

On top of its aesthetically pleasing appearance, bibimbap appeals to all the senses through its textures, smells, and

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## Globally recognized

One might argue that bibimbap is a type of fast food, in the sense that it is all eaten together after being tossed and stirred thoroughly. However, it is actually the very opposite. Unlike most fast foods, bibimbap contains many beneficial ingredients including both vegetables and meat. This also represents Korean's long-held belief in harmony, created by oseak (the five cardinal colors of traditional Korean art).

On top of its aesthetically pleasing appearance, bibimbap appeals to all the senses through its textures, smells, and rich taste. The dish also provides the option of cooling it off before eating or having it served in a hot dish to maintain the high temperature. You may have seen a

photo of bibimbap carefully prepared on a golden yugi (Korean brassware) or the heavy-duty dolsot (Korean hot-stone). This expresses a chef's careful calculation in considering a customer, making sure it is enjoyed thoroughly until the last bite. Considering these characteristics unique to bibimbap, one can easily see that it is a thoroughly prepared meal that will not only aid your health, but also heal your mind.

A festival celebrating bibimbap is hosted in Jeonju every year. The festival offers a variety of food performances, along with the events such as mixing a gigantic bowl of bibimbap that can feed hundreds!



Gigantic bowl of bibimbap Photo courtesy of Jeonju Bibimbap Festival Organizing Committee



Bibimbap served in stone pot and brass bowl

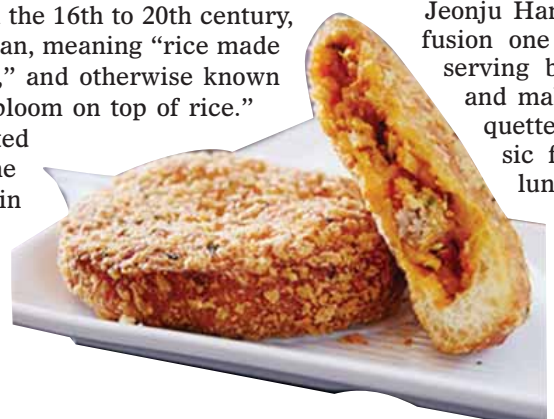
## Fusion food

At this point, you might become curious about whether you always have to mix everything together, and the answer would be "yes." The meaning of the word bibimbap goes back to the period from the 16th to 20th century, when it was first called goldongban, meaning "rice made by mixing various types of food," and otherwise known as hwaban, meaning "flower to bloom on top of rice." This colorful mix was then adopted by many regions throughout the Korean Peninsula, ending up in various types of these specialty bowls found today.

Bibimbap today is far more advanced in terms of its variation, taking many different roles and forms for different occasions. For example, bibimbap to-go is highly appreciated in

Korea as well as other countries, and you can find it from convenience stores to met restaurants. Bibimbap is featured in many international flight meals.

Jeonju Hanok Village fusion one street market is serving bibimbap and making quiches, in a new fusion lunch bowl.



Jeonju Hanok Village's Bibimbap croquette

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# Regional bibimbap

## Jeonju bibimbap

Jeonju bibimbap is uniquely prepared with an assortment of colors of namul (vegetable side dishes), and is regarded as the most representative example of bibimbap. Fried beef and thin garnish strips of cooked egg whites and yolks can be a good alternative to yukhoe (beef tartare) and egg yolk. The broth from a beef brisket is used to cook the rice, and is garnished with the tartare and egg pair on top, a signature feature of Jeonju bibimbap. It tastes even better with hot pepper paste mixed in with fried beef called yak-gochu-jang, the specialty of Jeonju, as well as bean sprout soup or beef radish soup.



Jeonju Bibimbap, the most recognize bibimbap of all

adding soy sauce, sesame oil and its seeds, instead of red pepper paste. It tastes even better with tang-guk (beef and radish soup), a soup flavored with dried sea cucumber, octopus, seaweed, and sliced radish, all of which are diced into pieces and thrown into a clear broth.

## Tongyeong bibimbap

Tongyeong, a coastal community, has an abundance of fresh seafood, making it the best feature of Tongyeong bibimbap. Namul and vegetables are served on steamed rice and then mixed with shrimp, clams, and mussels blanched in boiling water and seasoned with sauce.

If this process is too cumbersome for you, you can throw all the namul and vegetables in a pan and fry them in a rich seafood broth. This dish goes perfectly with clams and tofu soup. Tongyeong is also known for sea squirt bibimbap.



Tongyeong moenggae (sea squirt) bibimbap

## Andong bibimbap

Heot-jesatbap is a combination of the words of hoet, meaning "fake," and jesabap, referring to the meal that was served during ancestral rites. Confucian scholars in Andong, Jinju, and Deagu used to have this jesabap even when there was no ritual service, which is how its name became heot-jesatbap, inferring that it was a "fake" ritual meal. Andong is best known for its scrumptious heot-jesatbap, which is typically made with namul, jeon (coated and pan-fried fish and vegetables) and guk (soup) from the table for ritual services.

Usually three different colors of namul are served on the top of the rice. Since jesabap is served in remembrance of one's ancestors, the main spices of Korean cuisine, such as spring onion, garlic and red pepper powder, are not used. Also, the ritual dish is served with a variety of jeon and san-jeok (skewers) made with dombaegi ("shark meat" in the local language), mackerel, and beef. Unlike other bibimbap traditions, diners may adjust the flavor of individual servings by

Andong Heot-jesatbap



## Jinju bibimbap

Jinju bibimbap is a unique local food of Jinju in Gyeong-sangnam-do. It is served with vegetables including cooked fern brakes and bean sprouts on top of steamed rice. Then, minced beef and jang-guk (clear soybean soup) is mixed in a bowl and served after being garnished with cheongpo (mung bean jelly), yukhoe, and red pepper sauce. Yukhoe is

the symbol of Jinju bibimbap, but the cooked beef version is also served. Yukhoe-bibimbap can be commonly found on the menu of restaurants in Jinju, which trace back to the 1920s, when Seoul and Jinju emerged as active markets in the cattle trade.



Jeonju Bibimbap topped with Korean-style raw beef

n taste. The dish also provides the ion of cooling it off before eating or ring it served in a hot dish to main- n the high temperature. You may e seen a photo of bibimbap care- y prepared on a golden yugi (Ko- n brassware) or the heavy-duty dol- (stone pot). This expresses a chef's eful calculation in considering a tomer, making sure it is enjoyed oughly until the last bite. Consid- ng these characteristics unique to imbap, one can easily see that it is a oughly prepared meal that will not y aid your health, but also heal your d.

mbap in a cup

r countries, t anywhere res to gour- mbap is also rnational in-

Village takes p further by mbap in cups y them into cro- addition to the ba- of bibimbap served in boxes. These can easily be eaten on- go, similar to the way a sandwich is nvenient for eating while traveling. On e other hand, people who prefer fine ing and hope to delve more into genu- e Korean tastes, try out gang-doen- g (soybean paste sauce) bibimbap. r those who are not familiar with the ong scent of the sauces or ingredients, y can choose the level of spiciness.



Bibimbap with soybean paste sauce



Tuna and Kimchi Bibimbap



## Bibimbap in the sky

Korean airline operators act as representatives of Korean traditions, and thus always include bibimbap as one of the in-flight meal choices. One of the best examples of when bibimbap crossed cultural boundaries was when the late singer Michael Jackson, who tried bibimbap during his Korean Air flight, then, according to media reports, proceeded to eat it meal after

meal at his hotels during his stay in Korea.

Domestic and foreign airlines offer bibimbap with steamed rice, finely presented namul and spicy red pepper paste. Passengers can enjoy all the fun of mixing their ingredients together. The mildly spicy red pepper paste is also available to suit the taste of those not accustomed to it.



EXCLUSIVE NEWS FROM:  
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# 'I HAVE A SENSE OF PURPOSE'

## How service dogs help veterans cope with PTSD

BY STEVE BEYNON,  
STARS AND STRIPES  
Published: January 29, 2020

WASHINGTON — Damian Jungermann knows what it's like to experience severely dark moments after multiple combat tours overseas. But he said Shai — a mixed-breed Plott Hound — has been a critical part of his recovery from post-traumatic stress disorder since they met last year.

"When I returned from Afghanistan, I was diagnosed with PTSD and traumatic brain injuries. I wanted to stay in my apartment away from everyone, but now with Shai I'm engaging in the world more. I'm going to the park and sleeping better. Shai has given me a quality of life that I had lost."

Jungermann, 45, was a Naval Explosive Ordnance Disposal Technician and served three deployments to Afghanistan, sometimes working with special operations units such as SEAL Team 3 and 5 and the Third and Seventh Special Forces groups. EOD troops are responsible for disarming and safely removing improvised explosive devices, which are responsible for the majority of combat deaths since 9/11.

"I had issues, but I didn't really know I had issues," he said. "I had huge rage problems, I picked up a grocery cart and threw it and thought it was OK. I wasn't a drinker, but I was super impulsive."

Jungermann medically retired from the military due to his PTSD and TBI as a chief petty officer. While he was still serving, he said he was initially afraid of seeking counseling because of the stigma that can come with it. A 2015 study from the Defense Department, the most recent data, found 35 percent of service members indicated that seeking mental health treatment is damaging to their military career, which makes it a top reason for not seeking care. However, there's little evidence backing those concerns.

But Jungermann finally sought treatment after being implored to do so by a fellow veteran who also sought mental health care.

"There was an officer in my last platoon that did the same number of deployments I had and lost a few partners, and he acknowledged that he had some problems and started going to counseling. He told me I really had to go. The psychologist has been life changing."

During Jungermann's treatment, a friend recommended a service dog, touting the benefits they can provide veterans.

"He said it helped him sleep for the first time and that was something I was having a hard time with," Jungermann said.

Jungermann got Shai, now almost two years old, through K9s For Warriors, one of several groups that train and provide service dogs to veterans. According to a spokeswoman for the nonprofit, all the dogs are rescues and tend to be mixed breeds. However, they occasionally train purebred poodles or doodles for allergy-sensitive veterans.

"We always say that the dogs and warriors rescue each other," said Alana Dole, who works with K9s For Warriors, which has provided more than 600 dogs to veterans. "There are literally thousands of perfect service dog candidates sitting in

shelters across the country, hoping for a chance at a better life. Part of our mission is to rescue them to give both the veteran and dog a new 'leash' on life. Furthermore, our veterans are able to bond with shelter dogs more, knowing they both share a painful or trauma-filled past."

Recent studies have found dogs can be a critical coping tool for veterans. A 2018 Purdue University study found veterans with service dogs produced significantly higher levels of cortisol, a hormone involved in processing stress.

"Having a service dog was also associated with less anger, less anxiety, and better sleep," said Kerri Rodriguez, the lead author of the research paper, noting dogs are still not the only solution to combating a mental health crisis. "These findings present exciting initial data regarding the physiological response to living with a service dog. However, the study did not establish a direct correlation, on an individual level, between cortisol levels and levels of PTSD symptoms, and further study is needed. It is important to keep in mind that service dogs do not appear to be a cure for PTSD."

Nonprofits are one of the only avenues for veterans to adopt service dogs. The Department of Veterans Affairs doesn't provide any funds for service or emotional-support animals but concluded a congressionally mandated study on the benefits of dogs for PTSD care in July, according to Christina Mandreucci, a spokeswoman for the department. The results of one part of the study on whether service or emotional-support dogs can help veterans with PTSD is expected to be released in the summer, and the results on whether dogs can lead to overall health care savings with fewer hospital stays and less reliance on medication is expected by the end of the year.

K9s For Warriors trains the dogs and the veterans are responsible for the costs of raising the dogs after adoption. However, the nonprofit has emergency funds available for costly emergency veterinary care. The time between a veteran applying for a dog and finally bringing a four-legged friend home varies, but in Jungermann's case, the entire process took about 14 months, including a three-week training session in Ponte Vedra, Fla.

"Our warriors stay at our campus for three weeks, where we match them with their service dogs upon arrival," Dole said. "The program allows the warriors to learn the commands, bond with their service dogs and benefit from peer support from other warriors in their group."

What helped Jungermann most was Shai gave him something to care about and the dog helped him get out more. He said the two walk 10 miles every day.

"I also have to maintain his training, I have a sense of purpose," Jungermann said. "I'm able to focus on him more than the other variables that would normally bother me. What he's done for me, I sleep better. I'm on almost no sleep meds whatsoever. Better attention span, less irritability and most of all he gets me up and out of the apartment."

K9s For Warriors recommends veterans suffering from PTSD investigate get a service dog.

"Most of our veterans tell us a service dog was the last resort, but it ends up being the only tool that helped them recover from PTSD and suicidal thoughts," Dole said.

beynon.steven@stripes.com

Twitter: @StevenBeynon



Damian Jungermann, 45, kneels with his service dog Shai, who turns two years old in March.  
Photo by K9s For Warriors



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Republic of Korea Army Sgt. 1st Class Kim, Si-On and ROK Army Sgt. Maj. Kwon, Oh-Un, both physical therapists, demonstrate a suspension sling system used to treat back pain on ROK Army Cpl. Lee, Jaehwa at the Combat Power Restoration Center.

# Combat Power Restoration Center up and running!

STORY AND PHOTOS BY  
SPC. HAYDEN HALLMAN,  
20TH PUBLIC AFFAIRS DETACHMENT

ICHEON – The United States Special Operations Command Korea has partnered with the Republic of Korea Army Special Warfare Command to assist in developing newly certified athletic trainers by establishing and successfully operating the first physical therapy clinic in the ROK Army.

The Combat Power Restoration Center, that opened October 30, 2019, provides equipment and rehabilitation services to service members of the ROKSWC.

“We are here to exchange rehab exercise protocol and improve injury mitigation, strength and conditioning performance, cognitive

performance, and to decrease injury rates,” said Juliette Kim, a certified athletic trainer with SOCKOR.

Kim advises ROKA Sgt. Maj. Kwon, Oh-Un and ROKA Sgt. 1st Class Kim, Si-On, both oversee operations at the Combat Power Restoration Center.

The facility has state of the art equipment including a suspension sling system. This system allows patients to lay in a system of ropes while simulating a plank. Their lower body is suspended over a padded table as their forearms make contact with the table.

“It feels like you are flexing your core, as you would during a plank but without overexerting your lower back,” said U.S. Army Staff Sgt. Jae Jung, a medical noncommissioned



Republic of Korea Army Pfc. Kim, Nan-Su, a physical therapist, connects a BioTran DX Interferential Current Therapy machine to ROK Army Pfc. Kim, Jin-Hwi, a physical therapist, to demonstrate the capabilities at the Combat Power Restoration Center.

officer in SOCKOR and who was injured on his first deployment. “I tried yoga, physical therapy stretching, and dry needling and I still have pain. This facility would help my pain if I

incorporate everything in it.”

Along with other notable injury assessment equipment is a computer scanning tool known as “D-Wall” because of its digital mirroring capabilities.

Patients stand centered on a mat facing a large screen, which mirrors their body movements, as the 3-D camera captures images of the patient throughout their completion of various exercises.

“The D-Wall is very easy to follow and user friendly,” said Kim. “It has a lot of different applications to see not just as an assessment but to find out what areas can predispose someone to injury.”

The computer then tracks what areas may be triggering pain for the patient and why. The system provides real time feedback in areas such as balance and agility.

Kim has been advising the ROKSWC in physical therapy practices prior to the official opening of the center. During her visit, she was able to meet some of the certified staff and receive equipment demonstrations.

“It is rewarding to increase the awareness the importance of taking care of one’s body and to help people find out about why they hurt,” said Kim.



Kim and Kwon demonstrate a suspension sling system used to treat back pain on U.S. Staff Sgt. Jae Jung.



Certified athletic trainer, Juliette Kim, Republic of Korea Army Pfc. Kim, Jin-Hwi and ROK Army Pfc. Kim, Nam-Su assists U.S. Navy Hospital Corpsman Petty Officer 2nd Class John London with a hip thruster exercise.





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## Get rid of your uterine tumor without any SURGERY & ANESTHESIA

**N** SIDE EFFECT  
**PAIN**

**SURGERY**

**O** ANESTHESIA  
**BLEEDING**

# H·I·F·U·

(High Intensity Focused Ultrasound)

Get rid of the uterine Myoma,  
adenomyosis and  
multiplicated huge leiomyoma

Proceduer is  
safe for women  
who plan  
on becoming  
pregnant  
in the future.

**Performed over 1,300 HIFU procedures/surgeries**

**Over 50 cases a month**