



Aquatic Fitness, Inc

Water & Land Physical Therapy

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Water-Based Work Injury Rehabilitation

An Aquatic Therapy Approach to Work Hardening



Aquatic Fitness Inc. has been utilizing therapeutic exercise in water to rehabilitate injured workers for the past 15 years. Our goal is to provide quality services, excellent communication and rapid results. Evaluation and treatment plans are completed during one hour sessions by licensed physical therapists. The initial evaluation determines the injured worker's limitations and then an individualized aquatic exercise program is established.

The 1-hour session generally incorporates:

- (1) Warm-up
- (2) Stretching/Flexibility Exercises
- (3) Strengthening Exercises
- (4) Job Simulated/Functional Movement Patterns
- (5) Non-Weightbearing Cardiovascular Exercise against a resistive current
- (6) Pain management



The Aquatic Fitness philosophy is to utilize the natural properties of water to enhance the injured worker's recovery by initiating treatment sooner and with less discomfort than on land.

Why Water?

- ◆ Water reverses the effects of gravity thereby reducing the pain associated with joint stress and weightbearing.
- ◆ The properties of water are utilized to increase or decrease muscle resistance with a goal of a total body workout.
- ◆ Improve joint range of motion and enhance muscle relaxation.
- ◆ Decrease edema and facilitate healing.
- ◆ Initiate rehabilitation sooner post-injury or post-surgery.
- ◆ Enhance strength with less pain.
- ◆ Improve cardiovascular conditioning by exercising against a resistive current.
- ◆ Utilizes 93° water (skin temperature) to facilitate muscle relaxation.



The primary objective is to transition the patient from water to land exercise and ultimately return to work. Therapeutic exercise in water allows the patient to initiate active physical therapy sooner than on land with overall decreased cost to the insurance company.



Our Mission is to improve function and quality of life after injury or disease through timely and effective therapeutic intervention, including education, treatment and prevention.

www.goaquatic.com

