

WHAT IS AN AQUATIC THERAPY PROGRAM?

The Alice Hyde Medical Center Aquatic Therapy Program combines the skills of our therapists with the beneficial effects of warm water to allow our patients to achieve their full rehabilitation potential. The water decreases joint compression and is used to increase or decrease muscle resistance.

Aqua therapy can be an ideal complement to land-based therapy, especially for patients who have difficulty with land exercise due to pain, poor endurance, recent surgery, or acute or chronic ailments.

Warm water creates a pain-reduced environment; it significantly decreases weight bearing, resulting in the alleviation of joint and spinal compression.

The ultimate objective of the Aquatic Therapy Program is to transition the rehabilitation process from the therapy pool to a more dynamic land rehabilitation program. The result? You're back in the game!

BEGINNING AN AQUATIC THERAPY PROGRAM AT HOLMES REHABILITATION DEPARTMENT

A physician referral is required for the outpatient aquatic therapy service. Once the referral is made your Physical Therapist will complete your evaluation, tailor an aquatic program, establish diagnosis-related goals, and get you started on your individual treatment plan. Your physician will receive written updates on your aquatic therapy program progress.

Insurance companies do cover outpatient aquatic therapy—we are happy to assist you with establishing pre-certification and to inquire about coverage prior to beginning the program.



LORI CORNELL, PHYSICAL THERAPIST ASSISTANT, GUIDES A PATIENT IN AN INDIVIDUAL AQUATIC THERAPY PLAN

WHO CAN BENEFIT?

A wide variety of people can benefit from Aquatic therapy, including those with:

- ◆ sports injuries
- ◆ fibromyalgia
- ◆ low back and neck disorders
- ◆ spinal disorders
- ◆ pain and/or edema management
- ◆ joint replacement
- ◆ orthopedic surgery
- ◆ neurological conditions
- ◆ arthritis/degenerative joint disease
- ◆ gait and balance disorders

WHAT ARE THE GOALS OF THE AQUATIC THERAPY PROGRAM?

- ◆ Facilitate muscle relaxation during exercise
- ◆ Reduce swelling by using fluid pressure.
- ◆ Improve stability while maintaining partial weight bearing
- ◆ Decrease degenerative effects of an injury or disease
- ◆ Decrease compressive forces present in typical land-based therapy programs
- ◆ Improving outcomes with earlier entrance into the rehabilitation process
- ◆ Increase performance level—increasing your confidence!



For more information, please contact the
Alice Hyde Medical Center
Holmes Rehabilitation Department
518-481-2440

AHMC MISSION:
"to provide quality health care
with dignity and compassion
to those we serve"

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Holmes Rehabilitation Dept.

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