



AQUATIC THERAPY

Extreme Fitness • 105 Myrtle Street • Glasgow, KY
270.659.5660

About the Pool:

- Water temperature is 94° F
- Salt water offers increased buoyancy, and it is less harsh to skin than chemicals
- Decreased weight-bearing
- Pool is 3 1/2 feet to 5 feet, with resistant current in the middle of the pool

Information for Patients:

- Located at 105 Myrtle Street in Glasgow at Extreme Fitness
- Bring a change of clothes for when exiting the pool
- Wear water shoes or hospital slip-resistant socks

Services:

- Progression of exercises for strength and endurance based on speed, reps, and added weight
- Resistance jets for soft tissue mobilization
- Lift chair to assist patients getting in and out of pool (375 pound limit)
- Long Axis Distraction
- Reduction in weight-bearing – increased patient tolerance

Appropriate Diagnoses:

- Joint Pain
- RA/OA
- Fibromyalgia
- Post-operative
- Low Back Pain
- Balance Deficits
- Pregnancy
- SCI
- MS: possible decreased tolerance because of temperature – monitor closely

Contraindications/Precautions:

- Severe cardiac and respiratory conditions
- Patients on oxygen
- Patients with open wounds
- Multiple Sclerosis – monitor closely
- Incontinence

Goals:

- Enhance gym based therapy
- Progress to land-based therapy (one month)
- Improve gait mechanics
- Reduce pain and increase motion

Tips for your Safety:

- Inclement weather: must be out of pool for 30 minutes after last lightening/thunder strike
- Two staff persons must be present at all times
- Maximum ratio: 4 patients to 1 staff
- Patients must receive a break every 30 minutes (sitting on edge of pool, out of water) if exercising longer than 30 minutes

