



Rhode Island Department of Labor and Training



Acute Post-Surgical Back Program at the Dr. John E. Donley Rehabilitation Center

The Acute Post-Surgical Back Program is an aquatic exercise program especially designed for patients who have recently undergone back surgery. It allows early mobility in a stress-free aquatic environment and encourages soft tissue healing. The water buoyancy provides a safe exercise environment for the post-operative client while the warmth of water promotes flexibility and healing. Each client is supervised by expert physical therapy staff members who emphasize back care, flexibility, posture and core stabilization.

Who is appropriate for this program?

Injured workers who have recently undergone back surgery, such as:

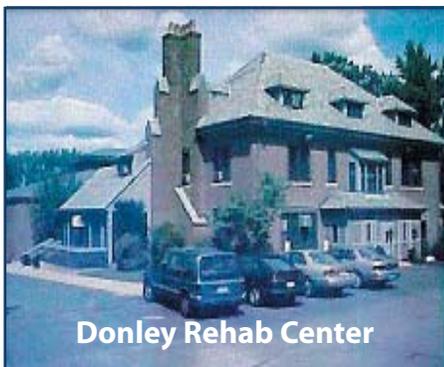
- o Fusion
- o Laminectomy
- o Diskectomy
- o Disk Replacement

How do I refer my patients?

Access the *Referral Form* and instructions from our web site at: www.dlt.ri.gov/donley/accessReferralForm or call (401) 243-1200.

The Pool at the Donley Rehab Center provides:

- State-of-the-art pool: 62 feet long by 18 feet wide, 4-4 1/2 feet deep, three lanes, 42 feet long swimming and walking lanes and 18x20 feet rectangular exercise area
- Handicapped accessibility including stairs with hand rails to ensure safe entry and exit; accessible locker rooms
- Solar heating to a therapeutic 92° F temperature
- A full-time aquatic physical therapist
- Extensive variety of therapeutic water equipment
- Natural lighting and controlled ventilation
- Optimal water quality from computerized temperature, filtration and chemical feed systems



Donley Rehab Center

For more information on the Acute Post-Surgical Back Program, contact

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Equal Opportunity Employer • Auxiliary aids and services are available upon request to individuals with disabilities.