Introducing our New Rehabilitation Program: Aquatic Therapy for Patients with Acute Low Back Injuries

Acute Low Back Pain Responds Quite Well to Aquatic Therapy

Chief Judge Robert F. Arrigan Rehabilitation Center
249 Blackstone Boulevard
Providence, RI 02906-5815
Telephone: (401) 243-1200   Fax: (401) 222-3887
www.dlt.ri.gov/arrigan

The Arrigan Center is an equal opportunity employer/program - auxiliary aids and services available upon request - TTY via RI Relay: 711
Aquatic Therapy for Acute Low Back Injury

Acute low back pain is very responsive to aquatic therapy.

## Program

### Criteria for Admission
- Full-time Aquatic Therapist
- Handicapped-accessible pool and locker rooms
- Pool area with natural lighting and controlled ventilation
- State-of-the-art 62-foot by 18-foot, 3-lane, 4-foot deep pool
- Side heated to therapeutic temperature at 92 degrees F
- Optimum water quality from computerized temperature, filtration, and chemical feed systems
- Stairs with hand rails for safe entry and exit of the pool
- 42-foot long swimming and walking lanes
- 18-foot by 20-foot rectangular exercise area
- Wide variety of therapeutic water equipment

### New Acute Low Back Injury Program

#### Diagnosis(es):

#### Clinical Restrictions:

#### Physician's signature

#### Physician's printed full name & date

#### Telephone:

#### Address:

Please fax or mail, as soon as possible, a copy of any pertinent medical records for this patient.

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#### Arrigan Center Referral Form:

<table>
<thead>
<tr>
<th>Patient Name</th>
<th>SS#</th>
<th>Physician Name</th>
<th>Date</th>
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### How to Refer Your Patients to the Aquatic Therapy Program

Please use only the attached referral form, for referring your patients to the Aquatic Therapy for Acute Low Back Injury Program at the Arrigan Center. Using this form for your patient’s acute low back injury will ensure their referral to our new aquatic therapy program exclusively tailored to their recovery needs.

Please call 243-1200 for a referral pad.

### Program Outcome

Upon completing the program, the patient is referred directly back to their referring physician, with our Aquatic Therapist's complete report and recommendation(s).

### Exercise Format

- Aquatic exercise that emphasizes:
  - Stretching
  - Core stabilization
  - Exercises training

### Duration of Program

Typically four weeks—three times per week.

- One week—land-based body mechanics education

### Recovery Goals

At the conclusion of this program, patients should:

- Regularly demonstrate core stabilization
- Increase their flexibility (e.g., longer hamstring extension/length)
- Decrease their pain (e.g., reduced muscle spasm)
- Achieve Return to Work/Leaving

### Duration of Program

Typically four weeks—three times per week.

- One week—land-based body mechanics education

### Exercise Format

- Aquatic exercise that emphasizes:
  - Stretching
  - Core stabilization
  - Exercises training

### Program Outcome

Upon completing the program, the patient is referred directly back to their referring physician, with our Aquatic Therapist's complete report and recommendation(s).

### New Acute Low Back Injury Program

#### Criteria for Admission

- Patients with acute low back injuries, with no radicular symptoms (i.e., with muscle strains)
- Such injuries of less than six to eight weeks duration

#### Recovery Goals

At the conclusion of this program, patients should:

- Consistently demonstrate core stabilization
- Increase their flexibility (i.e., longer hamstring length)
- Decrease their pain (i.e., reduced muscle spasm)
- Achieve Return to Work/Leaving

#### Duration of Program

Typically four weeks—three times per week.

- One week—land-based body mechanics education

#### Exercise Format

- Aquatic exercise that emphasizes:
  - Stretching
  - Core stabilization
  - Exercises training

#### Program Outcome

Upon completing the program, the patient is referred directly back to their referring physician, with our Aquatic Therapist's complete report and recommendation(s).

### Acutely injured patients benefit from being able to move in a buoyant environment. This unweighting of the back allows the patient to move more freely with reduced effort and decreased pain.