

Dr. John E. Donley Rehabilitation Center

Aquatic Therapy Program

Introducing our New Rehabilitation Program:

Aquatic Therapy for Patients
with Acute Low Back Injuries

Aquatic

Therapy

for

Acute

Low

Back

Injury

*Acute Low Back Pain Responds
Quite Well to Aquatic Therapy*

Dr. John E. Donley Rehabilitation Center
249 Blackstone Boulevard
Providence, RI 02906-5815
Telephone: (401) 243-1200 Fax: (401) 222-3887
www.dlt.ri.gov/donley

Aquatic Therapy for Acute Low Back Injury

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.



We offer state-of-the-art aquatic therapy in a tranquil setting.

New Acute Low Back Injury Program

Criteria for Admission

For 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 extension/length)
- Decrease their pain (i.e. reduced muscle spasm)
- Achieve Return to Work/Level

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
- Posture training

Program Outcome

Upon completing the program, the patient is

- Referred directly back to his/her referring physician, with our Aquatic Therapist's complete report and recommendation(s)

The Aquatic Therapy Department at the Donley Center features

- 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
- Solar-heated to a 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

How to Refer your Patients to our 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 Donley Center. Using this form for your patients with acute low back injury will ensure their referral to our new aquatic therapy program exclusively tailored to their recovery needs.

Please call 243-1270 for a referral pad.

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Donley Center Referral for:

Patient Name: _____

SS# _____ Referral Date: _____

Address: _____

Telephone: _____

Date of Injury: _____

Insurance Co.: _____

Insurance Case Manager: _____

Employer: _____

Interpreter Needed? If yes, what language? _____

Aquatic Therapy

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.

Acute low back pain is very responsive to aquatic therapy.