

Chief Judge Robert F. Arrigan Rehabilitation Center

**Introducing  
our New  
Rehabilitation  
Program:**

Aquatic Therapy for Patients  
with Acute Low Back Injuries

**Aquatic Therapy  
Program**

Aquatic

Therapy

for

Acute

Low

Back

Injury

*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](http://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

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 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 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 patients with acute low back injury will ensure their referral to our new aquatic therapy program exclusively tailored to their recovery needs.

**Please call 243-1200 for a referral pad.**

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#### Arrigan 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.*