Introducing our New Rehabilitation Program:

Aquatic Therapy for Patients with Acute Low Back Injuries

Acute Low Back Pain Responds Quite Well to Aquatic Therapy

Aquatic Therapy

for Acute Low Back Injuries
Aquatic Therapy for Acute Low Back Injury

Acute low back pain is very responsive to aquatic therapy. 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.

**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/Leisure

**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 their referring physician, with our Aquatic Therapist's complete report and recommendation(s).

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

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

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.

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