

POOL THERAPY

What Are The Benefits Of Pool Therapy?

The unique properties of water allow patients to experience a therapeutic environment that cannot be replicated with most conventional treatments.

- ▶ The buoyancy of water unloads joints and enables greater pain-free movement.
- ▶ The neutral warmth of water decreases pain and relaxes muscles.
- ▶ The resistance of water provides an excellent medium for increasing strength and endurance.

Who can benefit from pool therapy?

Pool therapy may be beneficial if you are currently under a doctor's care for an acute or chronic injury or condition.

These may include, but are not limited to:

- ▶ Arthritis
- ▶ Back or neck injury
- ▶ Chronic pain
- ▶ Stroke
- ▶ Spinal cord injury
- ▶ Head injuries
- ▶ Joint replacement
- ▶ Orthopedic injuries
- ▶ Pediatric conditions
- ▶ Neurologic disorders

What does the program include?

Following an evaluation, one of our licensed therapists will design a program of movement and exercise to meet your individual needs. Both individual and group sessions are available, and all programs are supervised by a licensed therapist.

Your referring physician is kept up to date on your progress.

This is more than a water exercise class. Aquatic therapy is part of an individual treatment plan prescribed by your doctor.



Where are sessions conducted?

Sessions are conducted in a warm, therapeutic pool (92°-94°F average temperature) with a variable depth. The pool is accessible to persons with disabilities, including wheelchair users. Convenient locker room facilities are available with assistance for those needing help showering and dressing.

Will my insurance cover the cost?

The cost of the program depends on the amount of therapy provided. Medicare and most insurance companies generally cover this therapy, but please check with your own insurance carrier if you have any questions about your coverage.

Is a referral needed?

Yes, a doctor's referral is required. Talk to your doctor if you have questions about whether aquatic therapy is appropriate for you.

For more information:

For referral or additional information about IPMR's Pool Therapy program, please call IPMR at (309) 692-8670.

You do not need to know how to swim to participate in this program.