

## General Information

### Why come to RPT for Aquatic Physical Therapy?

Because our highly experienced physical therapists are skilled in treating a variety of neuromuscular and musculoskeletal disorders utilizing evidence-based treatment interventions in an aquatic-based environment.

The classes are about 30-45 minutes long. Each person needs to bring his/her own bathing suit, towel, and drinking water bottle. Individuals with contagious skin lesions, open wounds, or have urinary/colostomy bags are not allowed in the pool.

#### GRANT'S PASS 97526

1619 NW Hawthorne Ave, Suite 109  
541-476-2502

#### CAVE JUNCTION 97523

218 Redwood Hwy  
541-592-6580

#### GLENDALE 97442

300 Pacific Ave  
541-832-2820

#### CANYONVILLE 97417

415 S. Main St  
541-839-4998

## OTHER PHYSICAL THERAPY SERVICES PROVIDED

- Comprehensive Hand Therapy
- DeQuervain's Syndrome
- Trigger Finger Syndrome
- Medial/Lateral Epicondylitis
- Cubital/Carpal Tunnel Syndromes
- Complex Regional Pain Syndrome (RSD)
- Tendon Injuries/Repairs
- Tendon Transfers
- Digital Nerve Repairs
- Upper/Lower Extremity Fractures
- Digital Amputations/Replantations
- Advanced Splinting Techniques
- Serial Casting Techniques
- Fracture Bracing Techniques
- Acute Neck/Low Back Pain
- Rotator Cuff Syndrome
- Frozen Shoulder Syndrome
- Osteo/Rheumatoid Arthritis
- Partial/Total Joint Replacements
- Peripheral Neuropathies
- Vestibular Syndrome (BPPV)
- Patellofemoral Syndrome
- Tendonitis/Bursitis
- Hip/Knee Disorders
- Ankle/Foot Disorders
- Achilles Tendonitis
- Plantar Fasciitis
- TMJ Syndrome
- Pelvic Floor Dysfunction
- Anodyne Therapy
- Exercise Gym Club
- Functional Capacity Evaluation



# Aquatic Physical Therapy



## FOR MORE DETAILS

### CALL:

Grants Pass: 541-476-2502

Canyonville: 541-839-4998

Cave Junction: 541-592-6580

[www.RiversidePhysicalTherapy.org](http://www.RiversidePhysicalTherapy.org)

## Aquatic Physical Therapy

### What is Aquatic PT?

Aquatic PT is the evidence-based and skilled practice of physical therapy in an aquatic environment by a physical therapist or by a physical therapist assistant who is under the direction and supervision of a physical therapist. Aquatic PT includes, but is not limited to, treatment, rehabilitation, prevention, health, wellness, and fitness of patient/client populations in an aquatic environment with or without the use of assistive, adaptive, orthotic, protective, or supportive devices and equipment.

The buoyancy, support, accommodating resistance and other unique properties of the aquatic environment enhance interventions for patients/clients across the age span with musculoskeletal, neuromuscular, cardiovascular/pulmonary, and integumentary diseases, disorders, or conditions.

### Why do Aquatic PT?

Aquatic PT interventions are designed to improve or maintain:

- Function
- Aerobic capacity/endurance conditioning
- Balance, coordination, and agility
- Body mechanics and postural stabilization
- Flexibility
- Gait and locomotion
- Relaxation
- Muscle strength, power, and endurance



### Common conditions treated with Aquatic PT:

- Chronic neck and back pain
- Osteo/Rheumatoid arthritis
- Fibromyalgia
- Partial/total joint replacements
- Deconditioning syndrome
- Poor balance and coordination
- Poor body mechanics and postural awareness
- Poor flexibility and generalized stiffness
- Gait disorders
- Generalized weakness

