

A patient recently commented, "Nothing hurts in the water". This is a common response for many people receiving aquatic therapy who suffer from illness or injury. Water has long been known to provide therapeutic effects in injury and illness recovery. Some of the many **benefits of water** include reduced pain, increased muscle relaxation and flexibility, reduced swelling, enhanced balance reactions, and increased strength and recruitment of primary stabilizing muscles of the body.

These effects are due to the **dynamic and unique properties of water**. These properties, which include buoyancy, traction, 3-dimensional resistance, viscosity, and hydrostatic pressure, act on the patient to aid in the rehabilitation process.

Physical therapists play an integral role in rehabilitation of a person after injury. Depending on the individual needs of the patient, our highly trained and specialized physical therapists **develop a treatment plan** and choose the most appropriate set of exercises to facilitate a safe and effective return to function. They provide treatment for a wide variety of diagnoses (Refer to Common Conditions at right).

Rehab 3 continues to lead in aquatic rehabilitation. Our pools, maintained at 92 degrees (therapeutic warmth), are staffed by caring and knowledgeable professionals. We offer Aquatic Rehabilitation and a Transitional Swim Program.

Common Conditions Treated in Aquatic Therapy

- Total joint arthroplasties
- Multi-trauma injuries
- Orthopaedic injuries
- Spine conditions
- Athletic injuries
- Neurological disorders
- Arthritic conditions
- Pediatric developmental disorders
- Rheumatologic diseases
- **For information about treatment options, contact our Marketing Department at 603.749.6686**



Rick McAvoy
Physical
Therapist

Employee Spotlight

Aquatics Program Coordinator, Rehab 3 at Marsh Brook
Rick McAvoy, PT has been in the field for 18 years and has been with Rehab 3 since 1997. Rick is a **Master Burdenko Instructor** who incorporates his extensive experience and knowledge into aquatic treatments. Rick lectures nationally and internationally, and is an adjunct faculty member to local colleges for aquatic rehab topics. Recently Rick received a **nationally funded research grant** from the Foundation of Physical Therapy to study the effectiveness of aquatic rehabilitation as a preferred treatment approach. While our research has shown encouraging clinical results our data is under analysis. The research results will be published upon completion.

The **Rehab 3 Network** offers **Aquatic Rehabilitation** through all facilities. For more information about the Network, please contact **David Abbett, PT**, Marketing Director, at **603.749.6686** or by e-mail at **d.abbett@strafhealth.com**

Check us out:

www.rehab-3.com and www.centerforathletes.com

Rehab3

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