

## PHYSICIAN REFERRAL

PATIENT'S NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PRECAUTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Vestibular Training
- Aquatic Rehab
- Other \_\_\_\_\_

COMMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Frequency: \_\_\_\_\_ X per week for \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Cape Cod Rehab Physical Therapy for

# AQUATIC THERAPY



Physical Therapy & Fitness

*"Getting you back on your feet and into the game!"*

[www.capecodrehab.com](http://www.capecodrehab.com)

### THREE CONVENIENT LOCATIONS

#### Mashpee

800 Route 28  
(508) 477-4800 phone

#### Osterville

1336 Main Street  
(508) 420-3535 phone

#### Hyannis

735 Attucks Lane  
(508) 778-5000 phone

Most Insurances Accepted

Open Saturdays

Early AM/Evening Appointments

Doctoral Trained/Board Certified

Fitness/Wellness Programs



We accept referrals from any physician.  
Most insurance plans are accepted.  
Please give us a call for more information.

Recover your quality of life  
without drugs, side effects or surgery.  
Physical therapy is the clear choice!

Choose Cape Cod Rehab Physical Therapy to relieve

# AQUATIC THERAPY

Recover your quality of life

[www.capecodrehab.com](http://www.capecodrehab.com)



With aquatic physical therapy or “aquatic therapy”, your rehabilitation program is conducted in our safe, clean and comfortable warm water environment. Our programs are custom designed for each patient. No more pain with every step, fear of falling, or apprehension with exercise. This is exercise in the water without any swimming. You don’t need to know how to swim to be successful with this type of treatment.

## Conditions we have successfully treated:

- Osteoarthritis
- Rheumatoid Arthritis
- Fibromyalgia
- Chronic Pain
- Joint Injuries & post-surgical repair
- Back Surgery
- Balance Dysfunction
- Low Back Pain

## What are my treatment options?

- Aquatic Therapy
- Epidural Injections
- Surgery
- Drugs

## Advantages of Physical Therapy:

- Minimal pain
- No side effects
- Soothing warmth
- Gentle resistance
- Facilitates circulation
- Supported by clinical research



Attention Athletes: aquatic therapy offers a safe environment to maintain muscle tone and aerobic fitness and helps you return to sports quicker.



## The Unique Advantages of Aquatic Therapy

**Buoyancy** – floating in the water allows you to exercise with up to 90 percent of body weight removed. This dramatically decreases painful joint compressive forces and fear of falling.

**Temperature** – the warmth of the water results in relaxation and pain reduction by inhibiting pain pathways.

**Turbulence** – this property is the ever changing flow of the water which imparts safe and gentle forces on the body to help improve your balance and core stability.

**Viscosity** – this is the “thickness” of water which allows for gentle and progressive resistance to aquatic exercise.

**Hydrostatic Pressure** – the pressure exerted on your body when it is submerged in the aquatic environment. This pressure can assist with the return of blood to your heart from your legs while exercising.

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.



Certified in Burdenko Method



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