

Aquatic therapy

Indiana University Health Bloomington Hospital Rehabilitation & Sports Medicine Centers are pleased to offer aquatic therapy at the east side location in a specialized therapeutic pool. Our team of rehabilitation therapists work one-on-one with injured or disabled patients to enhance their functional abilities. Aquatic therapy is available to a wide range of patients and has a multitude of benefits.

Why aquatic therapy?

The water is a unique environment because it decreases pain and muscle spasms and allows for increased mobility. This permits for earlier treatment of people who are unable to tolerate a land-based exercise program. In water, patients can work on:

- Strength
- Endurance
- Posture
- Mobility
- Body mechanics
- Cardiovascular training
- Balance
- Range of motion

Who would benefit from aquatic therapy?

A variety of patients can benefit from aquatic therapy because it addresses multiple orthopedic and neurological problems, including:

- Arthritis
- Fibromyalgia
- Neck, shoulder, lower back, knee, hip, and ankle injuries
- Post-operative conditions
- Chronic pain
- Sports and work-related injuries
- Balance and gait disturbance
- Neurological disabilities

In addition we are also able to work with non-injured individuals to achieve performance enhancement goals. Performance enhancement is a fee for service and will not be reimbursed by insurance.

Aquatic classes vs. aquatic therapy?

Aquatic Therapy Recreational facilities may provide aquatic classes for people with a variety of abilities, but our program is unique because of our education of human anatomy and treatment of injuries and disabilities. A person of any age whose physician believes intervention by a therapist is medically necessary may participate in our aquatic therapy program. Licensed therapists will provide individualized activity according to the patient's needs and those needs identified by the evaluating therapist and physician in the plan of care.

How does the referral process work?

The first visit is scheduled in the clinic where a therapist will perform an evaluation, provide an exercise program to be performed at home, and arrange the aquatic therapy schedule. Most insurance carriers cover aquatic therapy, but it is not guaranteed. Contact your insurance carrier to ensure coverage.

About the therapeutic pool

HydroWorx 1000 Therapeutic Pool Aquatic therapy sessions are held in a HydroWorx 1000 therapeutic pool.

- Pool depth: varies 3'2" - 5'0"
- Temperature: 92°
- 7.5' x 14' in-ground pool

Entry into the pool can be gained through steps with handrails or a hydraulic chair lift for easy access.

In addition, the pool features the following to assist in patient treatment:

- An integrated variable speed treadmill
- Resistive jets
- Massage hose
- Removable grab bars
- Underwater cameras and viewing monitor