



Aquatic Rehabilitation Therapy

Greater comfort for greater recovery

What if you were able to rehabilitate your knee in less time with less pain? What if there was a way to get your muscles back into working order, or just into shape, without all the pain? There is a way — aquatic rehabilitation.

Benefits of aquatic physical therapy

How can water make rehabilitation easier and more comfortable for you? Water provides gentle, natural resistance to movement. Plus, water is 12 times denser than air, so faster movements increase resistance, resulting in muscle strengthening. If you have muscles that are especially weak, the buoyancy of water will assist with movement.

With the help of aquatic rehabilitation, you can regain mobility more quickly, with less pain and stress on the injured area. Aquatic rehabilitation can begin one or two days after a sprain or strain, or within a few days after surgery, with a physician's approval. Prompt treatment can lead to faster recovery and lessen potential complications.

Aquatic rehabilitation is appropriate for a variety of diagnoses, and is safe for swimmers and non-swimmers alike.

Conditions we treat

- Balance issues
- Joint and spinal pain
- Fibromyalgia
- Multiple sclerosis
- Pregnancy-related low back pain
- Recovery from joint replacement surgery
- Athletic injuries (ankle, back, knee and shoulder)

Starting your aquatic therapy program

You will need a physician's referral to start aquatic therapy with a Northwestern Medicine licensed physical therapist, who will evaluate and treat your condition. You can bring the referral to your first appointment, or have your physician's office fax it in advance. The duration of therapy varies according to individual needs; however, early intervention can shorten the length of time needed for you to see results.

Designed to meet your needs

Northwestern Medicine delivers rehabilitation expertise with a personal touch.

The benefits of a custom-tailored aquatic therapy program include these:

Peace of mind that your therapy is provided by licensed physical therapists certified in aquatic therapy care, CPR and water safety

The ability to schedule one-on-one treatments with a therapist throughout the course of your program, ensuring continuity of care and updates to your referring physician

The confidence of being supported by a hospital-based, full-service rehabilitation department

For more information, or to schedule an appointment for an evaluation, please call one of the locations listed on the back of this flier.

Aquatic therapy pools

At Northwestern Medicine, we have three locations where our physical therapists provide aquatic therapy. The pool you will use depends on your therapy needs.

POOL INFORMATION	PHONE	LAP POOL (80°-82°F)	WARM WATER THERAPY POOL (90°-92°F)
Northwestern Medicine Delnor Health and Fitness Center 296 Randall Road, Geneva	630.938.6400	X	X
Northwestern Medicine Rehabilitation Services (Located within HealthTrack Fitness Center) 875 Roosevelt Road, Glen Ellyn	630.469.7858	X	X
Northwestern Medicine Rehabilitation Services (Located within LifeTime Fitness) 455 Scott Drive, Second Floor, Bloomingdale	630.681.6300	X	
TTY for the hearing impaired	630.933.4833		

Pool amenities

Easy accessibility with handrails

Water depth to accommodate weight-bearing precautions

Flotation equipment to help you feel comfortable, and support you in your therapy

Numerous pieces of therapeutic equipment, such as resistive equipment, that will be used in strengthening your upper and lower body

Locker room amenities

Bathrooms

Lockers for your personal items

Towels and hair dryers

Showers and toiletries

Saunas and a steam room available at certain locations, for use with your therapist's recommendation

Your pool visits

Each visit, you will need to check in at the Rehabilitation Services front desk and let the attendant know you are there for a pool appointment. This includes health club members as well.

If you have not yet received instructions about the use of the locker room area, locker system and therapy pool, please tell the staff at the Rehabilitation Services front desk, and they will escort you on your first visit.

Patients who need assistance in the locker room will need to bring an able-bodied person to help them. Parents of children who are being seen for therapy are required to stay in the building.

Please bring a plastic container filled with drinking water to have poolside for each of your appointments.

