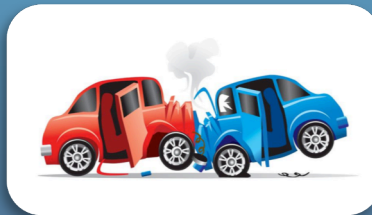


# Aquatic Physical Therapy for Motor Vehicle Accidents (MVA)

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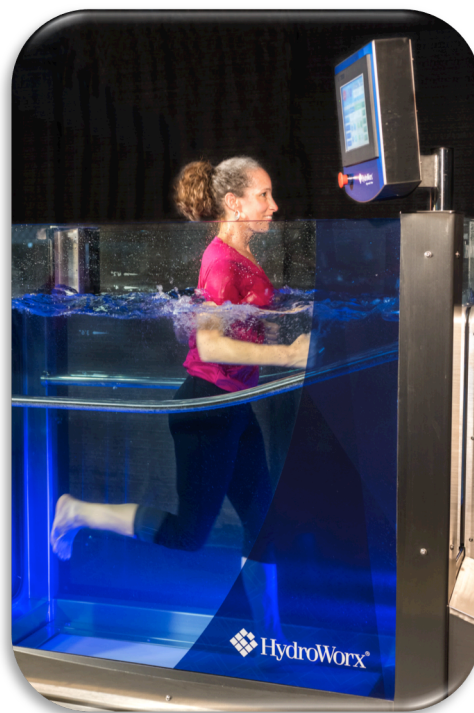
2020

According to the National Highway Traffic Safety Administration (NHTSA), approximately 6 million car accidents occur in the U.S. every year.



Of those 6 million car accidents, over 3 million people are injured and over 2 million suffer from permanent injuries.

Individuals often don't realize how bad their car accident-related injuries are until after they've returned to their normal daily activities. Common symptoms and injuries typically include pain, stiffness, reduced range of motion, possible fractures and radicular symptoms. Car accidents can cause lingering damage if the individual's injuries are not addressed right away. Long-term damage including chronic pain and disability are also symptoms and injuries of MVA.



## *Why Choose Aquatic Solutions Physical Therapy?*

Aquatic therapy can help car accident victims increase their strength, improve their flexibility, and subsequently keep pain symptoms at bay. Our specially-designed aquatic therapy regimen can help individuals bounce back from their injuries faster and easier than traditional land therapy.

If you begin Aquatic therapy immediately after your accident, you are much more likely to live a relatively pain-free life for years and years to come. In fact, a Medscape study found that individuals who did not receive care immediately after their car accident were far more likely to suffer from degenerative disc disease than those who did receive immediate medical attention. Also, a study from the Journal of Sport Rehabilitation stated that post 6 weeks and 6 months of aquatic therapy showed reduced disability scores and pain levels with individuals who suffered from chronic low back pain.