

Aquatic Physical Therapy for Chronic Neck & Back Pain

By: Arwa Hasan-Debusschere DPT, ATRIC

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Neck & Back Pain

Did you know that discomfort along the neck, spine and back are the 3 most distressing forms of chronic pain?



Neck & Back Pain

Did you know that chronic back pain is one of the most prevalent musculoskeletal disorders, affecting nearly everyone at some point in their lives?

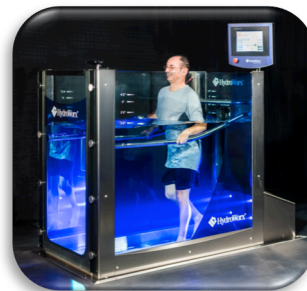
It is known that back pain has a major impact on quality of life and is also a cause of disability and absence from work. It was found that nearly 150 million working days are lost annually in the U.S. due to back pain.

THROUGHOUT THE COURSE OF LIFE, 80% OF ADULTS EXPERIENCE SOME FORM OF CHRONIC PAIN.



Common causes of neck pain include poor posture, whiplash injury, spinal stenosis, herniated discs, pinched nerves and more. Aquatic therapy can help reduce pain, stiffness, improve mobility and quality of life.

Research shows that pain is reported twice as much when therapeutic exercises are performed on land than compared to water (Coleman et al, 2019).



Coleman et al. Muscle Activity During Aquatic and Land Exercises in People With and Without Low Back Pain, *Physical Therapy*, Volume 99, Issue 3, March 2019, Pages 297-310, <https://doi.org/10.1093/ptj/pzy150>

HydroWorx and Chronic Pain: <https://www.hydroworx.com/research-education/additional-resources/aquatic-therapy-chronic-pain/>



Why Choose Aquatic Solutions Physical Therapy?

With the HydroWorx tank, we have the capability to raise the water to shoulder/neck level, therefore, submerging the entire spine, which helps to reduce pressure on joints and allow for increased movement early on in the rehabilitation process than when compared to land therapy.

From prior experience, we know that individuals feel increased ability to perform prescribed exercise with greater ease when performing exercises in water than compared to land. Here at Aquatic Solutions Physical Therapy, we provide a personalized exercise program that aims at returning clients to their prior level of function.