

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

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

COMMENTS: _____

Frequency: _____ X per week for _____ weeks

Signature: _____

Date: _____

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

ProActive Orthopedic and
Sports Physical Therapy
www.proactivesportspt.com

ProActive Orthopedic and
Sports Physical Therapy for

AQUATIC THERAPY

PROACTIVE

Orthopedic and Sports Physical Therapy, LLC
www.proactivesportspt.com

Our Aquatic Locations

Gresham

phone: (503) 328-0222

Oregon City

phone: (503) 607-0047

East Vancouver

phone: (360) 567-0633

West Vancouver

phone: (360) 823-0138

Battle Ground

phone: (360) 723-0797

Canby

phone: (503) 263-6786

Salmon Creek

phone: (360) 859-3346

**CANBY PHYSICAL THERAPY
AND SPORTS MEDICINE**  LLC

Warm Therapeutic Pool
Locker Facilities Available
Private & Group Treatments
Most Insurances Accepted

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



Choose ProActive Orthopedic and Sports Physical Therapy for

AQUATIC THERAPY

Recover your quality of life

www.proactivesportspt.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.

Conditions we have successfully treated:

- Osteoarthritis
- Rheumatoid Arthritis
- Fibromyalgia
- Chronic Pain
- Joint Injuries
- Failed Back Surgery
- Balance Dysfunction
- Post-surgical Rehabilitation

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.

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