

Courage Kenny Rehabilitation Institute offers aquatic therapy at more than 10 locations in Minnesota and western Wisconsin.

- Check with your insurance provider about coverage and co-payments.
- A medical provider's order is needed for an appointment with a therapist. An initial evaluation by a therapist is needed before aquatic therapy begins.
- At some pool sites, a lifeguard is on duty. At all sites, a therapist is in attendance with the participant.
- Aquatic therapy patients who need assistance, either before or after their appointment, should arrange to bring someone with them to help.
- Some locations also offer recreational aquatics, group sessions and open swim. Contact the specific location for more information and to schedule appointments.



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COURAGE KENNY
REHABILITATION INSTITUTE™

Aquatic Therapy



Courage Kenny Rehabilitation Institute offers inpatient and outpatient aquatic therapy as well as recreational and community exercise programs for individuals and groups.

Aquatic therapy uses the buoyant properties of water to help people with a variety of medical conditions heal and enhance their health and independence. Aquatic therapy can benefit people with acute or chronic injuries or conditions such as arthritis, back and neck injuries, head injuries, chronic pain, stroke, spinal cord injury, joint replacement, orthopedic injuries and neurological disorders.

After a thorough evaluation by a physical therapist, each patient receives an exercise program tailored to meet his/her individual goals and needs.

Benefits of aquatic therapy include:

- decreased pressure on joints
- treatment of multiple parts of the body
- increased range of motion and physical function
- three-dimensional resistance with activity
- increased sensory input
- decreased swelling
- improved cardiovascular endurance.

An aquatic therapy program may include:

- range-of-motion exercises and joint flexibility
- upper and lower extremity strengthening exercises
- trunk stabilization exercises
- gait training
- conditioning and endurance training
- training for return-to-sports activities.

After a thorough evaluation by a physical therapist, each patient receives an exercise program tailored to meet his/her individual goals and needs. Therapists instruct and supervise patients until they are able to understand and perform the exercises on their own. Some people may start their therapy in the pool, then progress to land-based therapy as their activity tolerance increases.

Usually, after six to eight sessions, patients are discharged and are encouraged to continue an independent exercise program. This can be coordinated at a Courage Kenny Rehabilitation Institute location that offers aquatic programs and/or land-based accessible fitness centers or at a local health club.

