

# AquaStretch™ Wellness Programs

## Health Cost Savings & Research Opportunities

PCCHA

University of Nevada Las Vegas

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Jessica Huss, DPT, CCI  
AquaStretch Instructor

*Aquatic Rehab & Wellness Center*



George Eversaul, APH  
AquaStretch Creator

# AquaStretch™ (A/S) Wellness Programs

## Health Cost Savings & Research Opportunities

### Objectives

1. Describe A/S and its physical benefits
2. Explain how A/S may lower health care costs
3. Discuss A/S Research Opportunities

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# What physicians say about AquaStretch™



"AquaStretch™ is a breakthrough  
in pain management"

Royal Fuller M.D.

Medical Director, Nevada Clinic



"AquaStretch™ is a new  
evidence based wellness  
modality that will  
significantly lower health  
costs, improve patient  
health and provide better  
health care. "

Sal Biazzo, D.O.

"AquaStretch™ may be the most  
important new wellness modality  
developed in the last 50 years."

Jack Anstandig, M.D.

Cleveland Clinic  
trained neurologist



Chief Medical Officer,  
UNLV Student Health

# AquaStretch™ for Chronic Pain



“AquaStretch™ surpasses any previous therapies with regards to rapidity of improvement, consistent reproducibility, person satisfaction and cost effectiveness”.

Jack Anstandig, M.D.

“Patients consistently report dramatic, immediate and enduring pain relief from AquaStretch™”

Sal Biazzo, D.O.



AquaStretch™ significantly and immediately restores flexibility and reduces chronic aches and pains, up to 100% first session . Try A/S First, before surgeries or harmful narcotics.

Jessica Huss PT, DPT

# What is AquaStretch™ ?

- Myofascial release
- Combination of
  - warm water
  - intuitive movement
  - stretch resistance
  - stretch and maintain positions not possible on land
- Quickly resolves “calcified” fascial adhesions





# What is AquaStretch™ ?

- Basic Procedure
  - Play
  - Freeze
  - Pressure
  - “Move, if you feel the need to move”

*AquaStretch*

*One Leg  
Standing*



# AquaStretch™ Fitness Benefits

12 hour ACE approved

“AquaStretch™ for Fitness Trainers”



- Restore Flexibility
- Increase Wellness Motivation
- Decrease Muscle Soreness/Tension
- Increase Training Efficiency
- Help Get “Loose”
- Improve Sports Performance

8 hour AEA approved

“AquaStretch™ Foundations”



# AquaStretch™ Wellness Benefits



12 hour NCB approved  
“AquaStretch™ Basics”

- Restores Flexibility
- Decreases Chronic Pain
- May improve Sleep
- Maintenance Sessions

# AquaStretch™ Health Care Benefits

## AquaStretch™ Specialty Certificate Course Manual



- Post-Surgical
  - TKR, spinal procedures
- Pre-Surgical
- Chronic Pain
  - Repetitive use Injuries, Frozen shoulders, MRI confirmed disc herniations, Fibromyalgia, scoliosis\*

# AquaStretch™ (A/S) Wellness Programs

## Potential Health Cost Savings

### Objectives

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# How AquaStretch™ may lower health care costs

## Fewer Office Visits



## Decreased Medication Use

# How AquaStretch™ may lower health care costs



Less need for Physical  
Medicine Services



Postpone Expensive  
Procedures/Tests

# AquaStretch™ (A/S) Wellness Programs:

## Research Opportunities





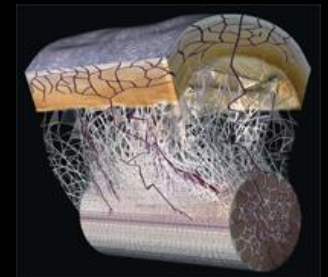
# AquaStretch™ Research Opportunities



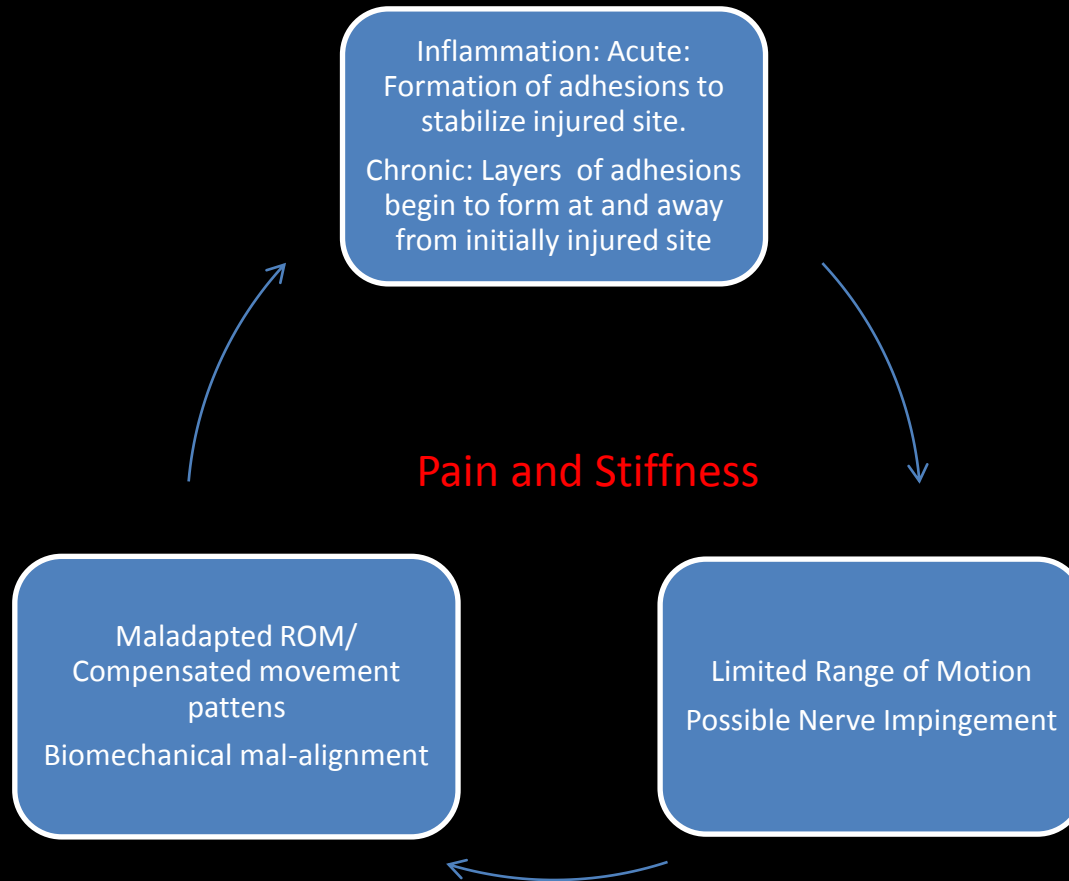
- Fascial Adhesion Theory Studies

# Fascial Adhesions

- Develop in normal response to Injury and skeletal overload --“Internal Band-aids”
- Following healing, fascial adhesions usually resolve with restored normal movement
- Movement too soon (Premature Use)
- Lack of Movement
- Excessive calcifications on protein collagen matrix
- Cycle of Adhesion Development



# The Fascial Adhesion Cycle



# AquaStretch™ : Research Opportunities

## Common Fascial Adhesion sites

- Achilles Tendon
- IT Band



# AquaStretch™ : Research Opportunities



## Health Cost Savings

- Prior/Current Quarterly
- Yearly comparison



# AquaStretch™ : Research Opportunities



Sports Performance Studies



# AquaStretch™ : Research Opportunities

## Chronic Pain Relief Studies



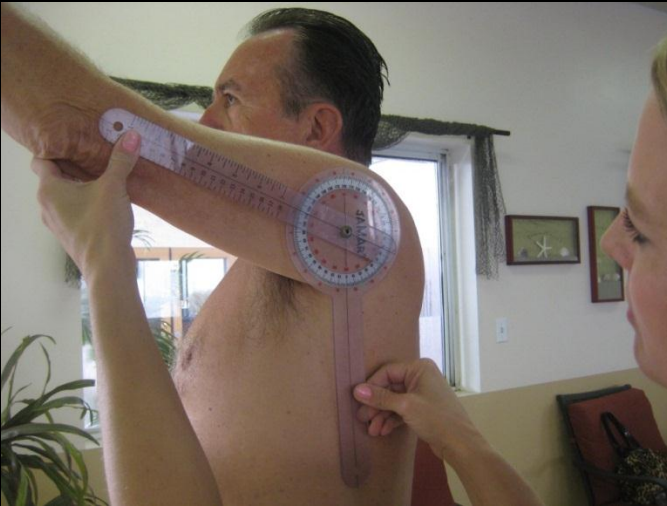
Back/Neck Pain



Fibromyalgia



# AquaStretch™ : Research Opportunities



## Potential Measurement Variables

- Range of Motion (ROM)
- EMG Tension
- Vascular Flow
- Ultrasound

Marina Ioudina, M.D. PhD

Touro Osteopathic Medical School



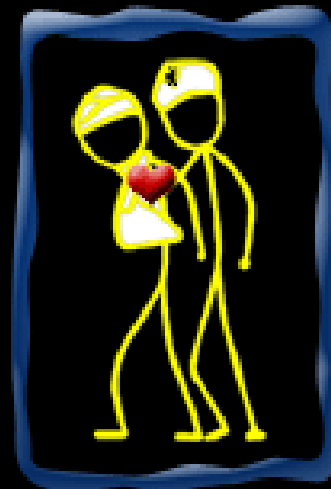
# AquaStretch™ getting you ready for all aspects of life!



*AquaStretch™  
Fitness*



*AquaStretch™  
Wellness*



*AquaStretch™  
Rehab*

# AquaStretch™ Training

AquaStretch@aol.com

Jessica@arawc.com

- AquaStretch™ Training Manual
- Training Course Information
  - Skill Development Courses
    - 1, 2 or 3 day courses
      - UNLV
      - Lake Havasu City, AZ
- Free AquaStretch™ Session



*Aquatic Rehab & Wellness Center*



## Thank You! Questions

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