

Aquatic Rehab & Wellness Center



A Breakthrough Aquatic Therapy for Frozen Shoulder Syndrome



CSM 2014

Platform: Aquatic Physical Therapy

Las Vegas, NV

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Jessica Huss, DPT, CCI
VP Education; Aquatics Section, APTA
AquaStretch Instructor

Physical Therapy AquaStretch™ Demand



*AquaStretch™
Rehab*

➤ New Markets:

- Wellness
- Pre-surgical
- Non-trauma chronic pain
- (i.e. fibromyalgia, Frozen Shoulder)
 - 100/400 last new referrals



“...significant arthritic conditions... not responsive to usual therapy...[A/S] able to relieve sharp burning radicular pain down my arms ...I was impressed and actually astonished that your therapy could result in this significant improvement.”

--Glenn Nudleman M.D.

Midwest Internal Medicine LHC, AZ

80% less painful!



2x more effective at restoring flexibility



“AquaStretch™ is a major breakthrough in pain management”

F. Fuller Royal M.D.

Medical Director, Nevada Clinic

Manual Aquatic Therapy



UNLV



Aquatic Rehab & Wellness Center



George Eversaul, A.P.
AquaStretch Creator

Manual Therapy
(MFR, SCS, Mobs)



+



+

Stretch
(Static/Dynamic)



+

Intuitive Movement & Accenting



**Immediately reduces chronic
aches and pains > 60%
in 1st Session!**

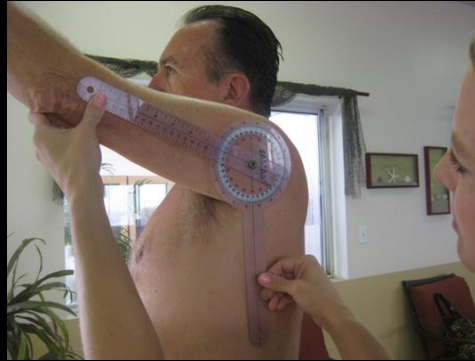
**Creates Profound Relaxation
Reduces muscle tension
Reduces post exercise soreness**

AquaStretch™

What is AquaStretch™ ?



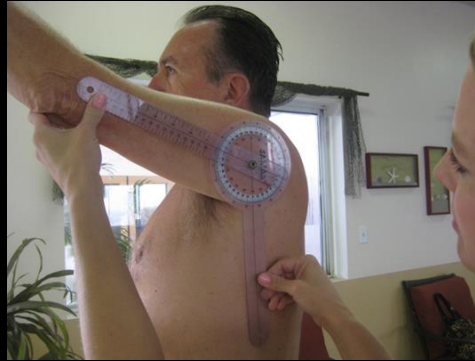
Case Study History



- ❖ 49 y.o. Male ; R Frozen Shoulder referred to AquaStretch™ by friends & personal Trainer
- ❖ Insidious onset 8/2011
- ❖ PMH: Type I diabetes
- ❖ Main complaint: Cannot throw a ball with his son



Case Study History



Initial AquaStretch™ Visit 4/19/2013

❖ R Shoulder ROM Measurements

- ❖ Shoulder Flex = 160°
- ❖ Shoulder Abd = 150°
- ❖ Shoulder ER = 55°
- ❖ Shoulder IR = R iliac, Mid sacrum



Previous Medical Intervention

- ❖ Insidious Onset 8/2011
- ❖ Cortisone Injection (x2)
 - ❖ 5/2012 & 11/2012
- ❖ Traditional Land and Aquatic PT
 - ❖ 7/2012-2/2013
 - ❖ 1-2x/week for 7 months
- ❖ Pain narcotics
 - ❖ 1 mo.
- ❖ NSAIDS
 - ❖ PRN





Previous Medical Intervention



Results

% Perceived Improvement

Cortisone Injection

“10%”

Traditional Land and Aquatic PT

*“15%”

*All perceived gains lost with 2 mo. tx inactivity
(before 1st A/S Wellness visit)

Case Study:

AquaStretch™ (A/S) Intervention



Initial AquaStretch™ Visit

4/19/2013

- ❖ SPADI 45% Pain 60% Disability Total Score 53%
- ❖ Shoulder Pain Score 18/28
- ❖ A/S Intervention
 - ❖ 2-3x/week for 4 weeks
 - ❖ Total A/S visits = 9

Case Study:

AquaStretch™ (A/S) Outcomes

Initial AquaStretch™ Visit 4/19/2013

3rd Visit 4/26

Upon arrival	ER 65°
After (30') session	ER 79°
Reports	85% improved

4th-9th Visit

Emphasis on last residual ER discomfort

5/8/13 (6th visit)

IR resolved; T12
Very pleased with ability to throw ball

5/17/13 (9th visit) Last Session!

Demonstrated Full ROM; No c/o pain





Case Study: AquaStretch™ Discussion



Insidious Onset 8/2011

A/S Intervention: 4/19/2013-5/17/13

5/17/13 SPADI score: 0 pain 0 disability

Shoulder Pain Score 7 “Cured”

***100% Resolution of symptoms after the 9th session!**

Less than 1 month

Total Cost for 9 (30') A/S Wellness Visits

\$40/visit X 9 Visits = \$360

4.5 total hours of our time

1.5 year history chronic pain resolved





AquaStretch™ appears to be
clinically significant for approximately
60% of the total rehab population
to restore flexibility and reduce chronic pain.



Jessica Huss, PT, DPT, CCI
AquaStretch Instructor
Aquatic Rehab & Wellness Center
Lake Havasu City, AZ



AquaStretch™ Research Opportunities



1. Health Cost Savings Studies

- Less office visits, Prescriptions for pain/sleep meds
- Physical medicine services, Radiology (MRI), Postpone surgeries

2. Comparative Effectiveness (i.e., PCORI)

- Low Back Pain, Fibromyalgia, Idiopathic pain, Pre-surgical

3. Sports Performance

- Faster rehab from minor injuries, less muscle soreness, restore flexibility lost from prior injuries, surgeries, or over-training
- Motivation for unfit people to start and maintain new exercise programs

4. Fascial Adhesion Theory

- Excessive calcifications in fascia may restrict motion and may cause nerve impingement pain.

AquaStretch™ : Research Opportunities

Chronic Pain Relief Studies

Idiopathic Pain



60-80% Less Pain with
only 1-2 A/S sessions



Eliminate extreme fascial
restrictions in 4-6 sessions
(i.e., Frozen shoulder)



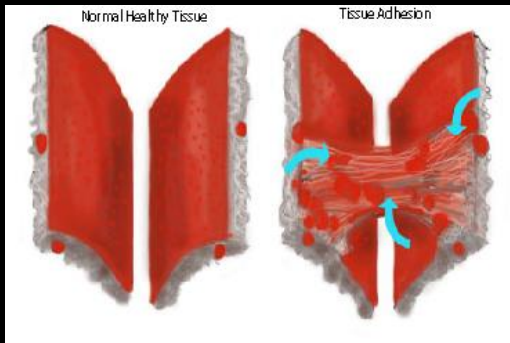
Maintain pain reductions
with A/S every 4-8 weeks

Lower Back Pain

Fibromyalgia

AquaStretch™ Research Opportunities

Fascial Adhesion Theory: Why A/S Works



1. Ultrasound or MRI: Fibromyalgia Patients

- ~100 at my practice, almost 50 at UNLV
- A/S one arm/leg, re-image both arms/legs
- Compare calcium density and correlate with patient pain changes



2. Ultrasound or MRI: IT Bands and/or injured ankles

- Pre/post A/S calcium density and goniometer tests

AquaStretch™ : Research Opportunities

Fitness & Sports Performance Studies

AquaStretch Fitness Benefits

- Restore flexibility lost from prior injuries/surgeries
- Decrease Muscle Soreness from intensive training
- Compress training with faster recovery
- Help “Get Loose” before competitions
- Motivate Unfit People to start and maintain exercise
- Relieve pre-existing chronic pain and reduce muscle soreness



Lori Sherlock: Assistant Professor, WVU School of Medicine

- 35 “uninjured” subjects had increases in average flexibility of all lower extremities tested, 4 statistically significant



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Questions?

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