

MM/DD/YYYY	Print/Type: Patient Name
PT Evaluation & Treatment <input type="checkbox"/>	Print/Type: Patient Cell Phone #
OT Evaluation & Treatment <input type="checkbox"/>	Print/Type: Diagnosis/Reason For Referral
	Print/Type: Ref Practice Contact's Name
(XXX) XXX-XXXX	Print/Type: Ref Practice Contact's Email
	MD Signature
	Print/Type: MD First + Last Name + Title

B	A	W
Brevard	Asheville	Woodfin
59 Oakdale St (828) 966-9036	260 Merrimon Ave, Suite 100 (828) 785-4700	61 N Merrimon Ave, Suite 107 (828) 484-8398
Ref Fax Line: (828) 966-4538	Ref Fax Line: (828) 552-5566	Ref Fax Line: (828) 484-8399

My signature certifies that treatments are medically necessary

Exercise In An Aquatic Environment

Aquatic Therapy allows for advanced interventions with patients experiencing neuromuscular, musculoskeletal, and cardiovascular diseases and disorders. Increased range of motion and decreased impact on the patient makes this therapy a good fit for post-surgery recovery, injury-induced disability, and patients with musculoskeletal pain when exercising. Aquatic Therapy helps the patient recover and rehabilitate while exercising with less pain. This therapy can be applied to an individual treatment plan or as part of a larger "Group Therapeutic" procedure.

Decrease In Rehab Times and Cost

Patients often experience a decrease in their short-term rehab and are able to return home or back to their assisted living center sooner. Removing some of the pain barrier from therapy allows for patients to accelerate their improvement and increase their independence quicker. A faster recovery time can mean money savings for the patient and less future therapy required for maintenance and/or permanent recovery.

The 2 most common Aquatic Therapy referrals are:

- Aquatic Therapy with Therapeutic Exercise
- Aquatic Therapy: Therapeutic Activities

Supplementing with Aquatic Therapy

Aquatic Therapy is physical therapy performed in an aquatic environment to harness the unique properties of water for the patient. The Patient can choose to receive the same physical therapy treatment performed in an aquatic environment and still be covered under their insurance plan. Our therapists can design custom therapy sessions for a variety of debilitating afflictions with a structured system of screening, risk assessment, and rehabilitative treatment in an aquatic environment.

Procedures that can occur in a land-based or aquatic environment:

- Joint Mobilization
- Myofascial Release / Soft Tissue Mobilization
- Neuromuscular Re-Education
- Group Therapeutic Procedure

Aquatic Therapy



Program Applications:

- Individual and Group Therapy
- Therapeutic Aquatic Exercise
- Post-Surgery Recovery
- Weightless Strength Training
- Neuro Recovery Programs
- Walking Dysfunction Program

Program Location(s):

Brian Ellis, Physician Liaison
brian@perfectbalancept.com
 Office: (828) 785-4700

Our Therapy Locations

> Perfect Balance Physical Therapy (Brevard)

59 Oakdale St, Brevard, NC

PBPT provides aquatic therapy at their flagship office featuring one of the only underwater treadmills in Western North Carolina. Our temperature-controlled water combined with structured motion and exercises help patients recover in a pain-reduced environment.

> Brevard Health and Racquet Club

1325 N Country Club Rd, Brevard, NC

PBPT provides aquatic therapy remotely to offer the same benefits of individual therapy in a larger environment. A larger body of water allows for alternative treatment options or working with patients in group sessions to achieve their long-term goals.

Would Your Patient Benefit From
 Massage or Manual Therapy?

Massage/Manual Therapy

- Manual Therapy/Mobilization
- Massage Services: \$