

The Pool at Plaza

Plaza Physical Therapy has a state of the art therapeutically heated pool.

- Dimensions 10x12 feet
- Multi-depth: 4, 4.5 and 5 feet depth
- Kept between 92-96 degrees.
- Provides whirlpool jets to facilitate movement and relaxation
- Full viewing windows on three sides for therapist observation of underwater patterns
- Handicap accessibility

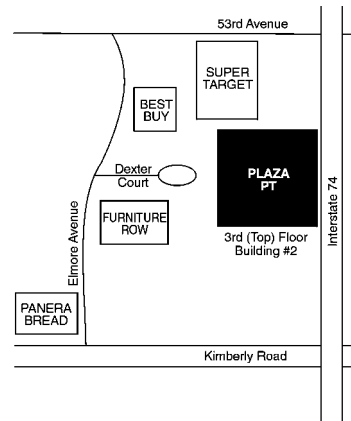


Program Hours

Our therapeutic pool is open Monday through Friday. Times for therapy session will vary. Please call for an appointment. (563) 344-6645.

Additional Programs

After care programs are also available to those clients who wish to continue with their aquatic exercise regimen on an independent, self-directed basis. Pool exercise fees are charged monthly. "Buddy Sessions" are encouraged, though pool supervision is provided at all times during client usage.



Plaza Physical Therapy
3385 Dexter Court, Suite 301
Davenport, IA 52807
Office: (563) 344-6645
Fax: (563) 441-5796

Aquatic Physical Therapy



Quote by Patient

"Aquatic Therapy assisted me in my recovery from a two-level spinal fusion. The buoyant water made it easier to restrengthen my lower back. The warm water and pulsating jets were soothing to sore joints and muscles. The aquatic therapy was a great asset to my recovery."



Who is Aquatic Therapy for?

Therapeutic water exercise is beneficial for individuals with a wide array of injuries and disabilities. It is beneficial for people with:

- Chronic lower back pain
- Post surgical procedures
- Rehabilitation of athletes
- Neurological disorders
- Cardiopulmonary disorders
- Arthritis
- Fibromyalgia
- Neck pain
- Pediatrics



General Benefits of Water

- Decreases weight bearing:
 - Water at neck level - 10% of actual weight.
 - Water at chest level - 25% of actual weight.
 - Water at waist level - 50% of actual weight.
- Reduces pain
- Increases strength
- Increases mobility and ROM
- Promotes aerobic fitness
- Improves balance
- Decreases edema
- Decrease spasm/promotes relaxation
- Increases peripheral circulation
- Improves respiratory breathing
- Safe environment for individuals with fear of falling

What to Expect

Clients are scheduled for an initial evaluation on land prior to the start of aquatic physical therapy.

Individualized programs are developed based on the client's need. Treatments usually consist of water exercises as well as manual therapy to promote recovery. Clients are often progressed to group exercises as they become more independent. Land physical therapy sessions are often integrated with the aquatics sessions to determine functional progress.

