

Recovery of the lumbar spine through an aquatic therapy - treatment plan

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Abstract

Aquatic therapy for the lumbar spine, as in other therapy, and for any other osteoarticular diseases must be based on a well-established program.

Pain in the lumbar spine and mobile inability may be assisted by engaging in an aquatic therapy program established under an orthopedic doctor and developed by a therapist based on the classification of pain diagnosis. Regarding the recovery program focus has centred on the treatment applied after repeated and acute injury and over the recovery in the control of the chronic pain syndrome.

The aquatic therapy approach for the recovery of total physical training should include the evaluation and initial treatment for orthopedic deterioration, an interim treatment plan and a plan for advanced treatment, including physical training to prevent injury.

Planning each phase of the therapy program should include a teaching component to promote general health improvement for disabled people in advance, by providing information and guidance lines for a successful return to professional activities, sports or leisure activities.

In a model treatment program for aquatic therapy the clinician offers the possibility of developing a unique treatment plan for each patient which addresses the goals set, short or long term. Objectives for aquatic therapy should be similar to those of a land-based program. Aquatic therapy long term goals will be influenced by the water resources available during and after physical therapy and personal needs of each patient. The clinician can use one set of plans or develop a treatment program unique to each person, based on the format of the care plan.

Keywords: lumbar spine, aquatic therapy, therapeutic plan, acute and chronic pain.