



Cool off Low Back Pain with Aquatic Therapy

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Are you experiencing pain, muscle weakness, muscle imbalances, impaired movements and/or decreased muscle endurance? These are a few of the symptoms that cause low back pain. LBP (low back pain) may come from multiple conditions such as: recent or past surgery, stenosis (narrowing of spinal canal), herniated discs, degenerative disc disease/ degenerative joint disease or abdominal weakness. There are many ways to treat LBP, but through Aquatic Therapy your experience can be weightless.

So why choose Aquatic Therapy to help with these conditions? Getting into the pool is a great way to exercise in a progressive strengthening environment; decreasing the effects of gravity and protecting your joints. There are many properties of water that make this possible.

Buoyancy: assists in supporting the weight of the patient allowing for decreased pain and improved ability to move through specific exercises.

Hydrostatic Pressure: assists in reducing swelling and increased circulation of blood flow throughout the body.

Viscosity: allows for added resistance that can be altered by the speed of movement and the type of equipment being used.

Temperature: when a pool is heated to 86 – 94 degrees, it allows the muscles to relax and exercise with more ease.

Combining all the properties of water allows the patient to focus on core (abdominal and back) strengthening, which in turn restores spine stability and functional pain free movement. Although aquatic therapy is not for everyone, check with your physician to see if you are a candidate and start your journey to recovery.