



FUKUJI & LUM

AQUATIC PHYSICAL THERAPY

“Recover Faster with Less Pain”

Aquatic Physical Therapy sessions are provided in a heated pool by a licensed physical therapist and support staff who develop individualized care plans to meet patients’ goals. Exercises performed in the water result in less stress on the joints and allow functional movements that can be too challenging to be performed with a land based therapy program.

Why Water?

- Buoyancy (weightlessness)
- Reduced joint impact
- warm-water muscle relaxation

Common Injuries & Conditions

- Back, Shoulder, Hip or Knee Surgery
- Myofascial Pain or Fibromyalgia
- Joint Replacements
- Osteoarthritis
- Balance Problems or Falls
- Degenerative Joint Disease





Kokokahi YWCA in Kaneohe
 **(808) 261-4321**

AQUATIC PHYSICAL THERAPY PRESCRIPTION



Kaneohe Pool
 Kokokahi YWCA
 45-035 Kaneohe Bay Drive
 Kaneohe, HI 96744

 (808) 261-4321

 (808) 261-4320

PATIENT’S INFORMATION

Full Name: _____ Date of Birth: _____

Patient’s Contact Number: _____ Date of Injury/Surgery: _____

Insurance _____ Policy # _____

ICD Code: _____ Diagnosis: _____

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Precautions: _____

EVALUATE & TREAT per therapist’s Plan of Care _____ x per week for _____ weeks. Total _____

Physician’s Signature _____ Date: _____

Physician’s Name (Print) _____ Phone: _____ Fax: _____