



## CASE STUDY

# Early Post-Operative Rehabilitation Through Aquatic Therapy

### THE CHALLENGE: Post-Surgical Movement Restrictions

Total hip replacement patients face significant challenges during early rehabilitation. According to APTA guidelines, managing weight-bearing restrictions while protecting the surgical site requires careful protocols. Traditional land-based therapy can be limited by fall risk and incision care requirements in the immediate post-operative period.

### THE SOLUTION: Water Properties Enable Safe Movement

The documented effects of water immersion provide specific benefits for post-surgical patients. Research shows that water depth directly correlates with weight-bearing reduction:

- Waist-level immersion: 50% weight reduction
- Chest-level immersion: 60-75% weight reduction
- Neck-level immersion: 90% weight reduction

Research demonstrates that aquatic therapy can provide cardiovascular benefits while allowing supported movement patterns that may be impossible on land.

## THE RESULT: Controlled Progression

### Supports Recovery

Research demonstrates that early aquatic therapy following orthopedic surgery can:

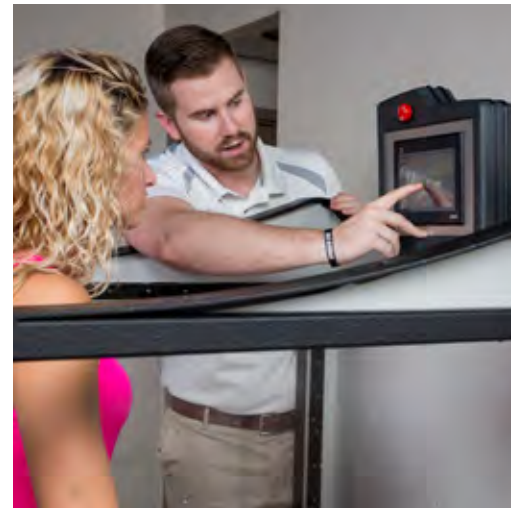
- Facilitate earlier functional movement
- Support normal gait patterns
- Improve confidence in movement
- Allow protected weight-bearing progression

Studies confirm that when proper protocols are followed, aquatic therapy does not increase the risk of wound-related complications in post-operative patients.

### Hudson Aquatic Systems Solutions

For rehabilitation facilities working with post-surgical patients, Hudson Aquatic Systems offers specialized equipment designed to support safe early intervention. Their premier system, the AquaFit features an expansive exercise chamber suitable for post-operative rehabilitation, providing comprehensive aqua therapy solutions adaptable for various orthopedic conditions.

Facilities with existing pools can explore Hudson's AquaGaiter series, which drops directly into the current infrastructure to enhance therapy capabilities. Each system supports evidence-based protocols while providing controlled environments essential for post-surgical patients.



**To determine which Hudson system best matches your facility's needs for post-operative rehabilitation, their team can provide detailed specifications and capabilities for each model.**

[Note: For specific product features and safety protocols, please contact Hudson Aquatic Systems directly.]



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# HUDSAN

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