

Physical Therapy with a Personal Touch



Meet Ande Baumann, P.T.
Director of Huntsville Pool & Land Therapy, Inc.

"I have heard the call for help . . . I am dedicated to helping my patients seek the answers for their physical therapy needs and gain a new lease on life."

Her Motivation:

To Free You from Your Pain and Stress

This is my last resort. I don't know what else I can do! Moved by this cry of desperation she heard in so many voices, Ande Baumann committed herself to providing relief for her physical therapy patients. "I have heard the call for help," says Ande. "I am dedicated to helping my patients seek the answers for their physical therapy needs and gain a new lease on life." Her eagerness to free you from the pain or stress that plagues your life is the source of her personal, healing touch.

Her Vision:

To Provide the Best Experience with Physical Therapy You've Ever Had

Ande's goal is to provide state-of-the-art, effective methods that will get you on your feet and back to active participation in life. Combining the latest techniques in conventional and water therapy, Ande will tailor your therapy sessions in order to best meet your specific needs. Not only does Ande understand your body's biomechanics but she will also get to know you as an individual. Cutting-edge services provided by a caring therapist. That's physical therapy with a personal touch.

Her Qualifications:

To Ensure that You're in Capable Hands

With over 15 years of specialized experience in physical therapy, Ande is the professional's choice for a licensed physical therapist. After earning a Bachelors of Health Science degree from the University of Kentucky, Ande supervised the Therapeutic Pool Program at the Thoms Rehabilitation Hospital in Asheville, North Carolina. In 1987, she initiated the Pool Therapy program for the Lakeshore North Alabama Rehabilitation Hospital in Huntsville, Alabama. Since 1989, Ande and her staff at Huntsville Pool and Land Therapy have provided patients with compassionate and professional therapeutic care. Because Ande has been trained as an Arthritis Aquatic Program Instructor, a Red Cross First Aid, C.P.R. and Water Safety Instructor, and a WATSU® practitioner, you will enjoy peace of mind knowing that you are in the hands of a capable therapist.

All in all, Ande provides proven therapeutic services for many types of conditions:

- total joint replacements
- pre/post operative therapy
- sports injuries
- back and neck pain
- disc herniations
- carpal tunnel
- gait disorders
- osteoarthritis
- rheumatoid arthritis
- fibromyalgia
- osteoporosis
- polymyositis
- spinal cord injuries
- brain injuries
- stroke
- Parkinson's disease
- Guillian-Barre
- Multiple Sclerosis
- Cerebral Palsy
- muscle spasms, strains, and sprains
- myofascial pain syndrome
- postural imbalance
- pelvic floor dysfunction
- post-mastectomy
- manual lymph drainage

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Physical Therapy with a Personal Touch



Experience Aquatic Physical Therapy And Reap the Benefits of Warm Water Exercise and Massage

“Warm water therapy should be your first line of defense, not your last resort. Discover the deep relaxation that warm water therapy provides.”

Enjoying One-on-One Therapy in a Virtually Pain-Free Environment

Perhaps you've been disappointed in the past when you sought help for the painful tension, soreness, and fatigue you feel in your muscles and joints because the treatment itself was more painful than your medical condition. One-on-one warm water therapy may be just what you need. A licensed physical therapist will guide you through aquatic exercises and stretches designed to get your body moving again—since this therapy is administered in the virtually weightless environment of water, your body movement will be unhampered by the pain and stress of weight-bearing activities. As you progress in your aquatic therapy, you will be building the endurance, strength, and muscle control necessary to prepare you for the land-based exercises that may have been painful, difficult, or impossible for you to perform in the past. Don't wait until you've tried everything else. Warm water therapy should be your first line of defense, not your last resort!

Freeing Your Body Through WATSU®

Discover the deep relaxation that warm water massage provides when you experience WATSU®. By gently and rhythmically moving your body through warm water, the WATSU® practitioner can improve the tone and functioning of your whole body.

In the warmth and safety of this weightless environment, you'll find that your body is free to move painlessly in ways that are impossible on land. As your body relaxes, your therapist can stretch and massage new life into your tired, sore muscles.

Gaining New Confidence in Your Body and Your Abilities

What will warm water therapy do for you?

- Increase muscular strength and endurance
- Improve flexibility
- Relieve muscle soreness
- Stimulate circulation
- Promote cardiovascular conditioning
- Help regulate blood pressure
- Improve body awareness and balance

An important added benefit is that it makes patients feel better about their physical abilities. As you feel your body moving more freely and easily, you will also gain a new confidence that you can and will get better! Warm water therapeutic techniques that promote emotional healing? That's physical therapy with a personal touch.

WATSU® is one warm water therapeutic technique that may be part of a prescribed physical therapy treatment, but that is also available to the general public without a physician's referral. However, some restrictions may apply: Tracheostomy, bowel incontinence, frequent ear infections, or excessive vertigo.

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Physical Therapy with a Personal Touch



Land Physical Therapy Designed with Your Personal Needs in Mind

"... your therapist will teach you an independent home exercise program that will not only enhance your therapy sessions but will also prepare you for healthy, pain-free living ..."

Finding the Right Therapy for You

You are an individual. You have personal wants, hopes, and needs that are different—you want your physical therapist to understand those differences and to provide therapy that is right for you. The staff at Huntsville Pool and Land Therapy is committed to finding the combination of therapeutic techniques that will best meet your individual needs. By carefully selecting from techniques such as electrical stimulation, ultrasound, heat, cold, biofeedback, manual therapy, and many others, your therapist can tailor your therapy program just for you.

Helping You to Help Yourself

As an individual, you have a sense of independence. You don't want to have to rely solely on others for your health and well-being. Instead, you want to learn how to gain control over your pain and free yourself from fatigue and stress. Physical therapists shouldn't just make you feel better when they are treating you; they should also teach you to combat your body's weaknesses and capitalize on your

body's strengths. At Huntsville Pool and Land Therapy, your therapist will teach you an independent home exercise program that will not only enhance your therapy sessions but will also prepare you for healthy, pain-free living after your therapy treatments have ended. A wide range of therapy techniques combined just for you in order to get you back to your normal lifestyle? That's physical therapy with a personal touch.

Land Therapy Techniques include:

- biofeedback (sEMG): helps patient target the correct muscles to contract or relax
- cold: decreases pain, swelling, and inflammation
- electrical stimulation: interferential electrical stimulation; increases circulation and decreases pain
- functional electrical stimulation (FES): helps muscles contract and increases muscle strength
- heat: relaxes muscle spasms and increases circulation
- iontophoresis: medications introduced via a direct electrical current; reduces inflammation
- microcurrent (MENS): promotes healing and decreases pain and inflammation of tissues
- manual therapy: decreases pain and muscle spasms, deactivates trigger points, increases range of motion
- ultrasound: mechanical sound waves; increases circulation and promotes healing

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Physical Therapy with a Personal Touch



Spine Stabilization Program State-of-the-Art Techniques Combined to Alleviate Back Pain

"If your life is restricted by back pain, don't look any further . . . the Spine Stabilization Program at Huntsville Pool and Land Therapy is designed specifically for you."

Discovering the Source of Your Back Pain

Are you constantly plagued by a nagging, frustrating pain in your back? Some days you may find it difficult to perform such tasks as cutting the grass or carrying loads of laundry, while other days you can't even bend over to simply put on your shoes. What may be so frustrating is that you can't seem to pinpoint the source of your pain, much less do anything for yourself to relieve it. If your life is restricted by back pain, don't look any further. The Spine Stabilization Program at Huntsville Pool and Land Therapy is designed specifically for you.

Putting an End to Your Back Pain . . . Finally!

Huntsville Pool and Land Therapy offers the latest in therapeutic techniques that are sure to return you to your normal daily activities. First, your therapist will begin a complete evaluation to find the source of your back pain and to develop goals for eliminating your suffering. Then you will be guided through a combination of both land and water exercises aimed at decreasing your back pain and muscle spasms while increasing your spinal

strength, function, stability, range of motion and endurance. Your therapist will also teach you correct body mechanics so that you can avoid unexpected, painful relapses. Back pain therapy that provides both freedom from a restricted life and the knowledge to maintain that freedom? That's physical therapy with a personal touch.

Land Tools and Techniques include:

- electrical stimulation and/or ultrasound
- postural strengthening exercises: emphasizes control, technique, and postural alignment
- dynamic stabilization exercises: designed to develop muscles that stabilize the spine
- Therapeutic ball exercises, foam roller exercises, neuromuscular re-education, and correct body mechanics training

Water Tools and Techniques include:

- resistance exercises: the reduced gravity environment of water provides the opportunity for resistance at any point in the range of motion and in all directions of movement without the potentially harmful effects of impact
- range of motion and flexibility exercises: the unloading effect of buoyancy and the increase in superficial circulation through warm water temperature, laminar flow, and hydrostatic pressure combine to provide an environment of support and general muscular relaxation

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PERSPECTIVE

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Aquatic Physical Therapy First Line of Defense . . . Not a Last Resort

Submitted by Ande Baumann, P.T.
Huntsville Pool and Land Therapy

The pool has often been viewed as recreation, however, the therapeutic community has now established how aquatic physical therapy can help our patients achieve their therapeutic goals. The options in the water are unlimited. Neutral warm water can create an environment to promote overall general relaxation, help ease spastic muscles, and decrease hypertonicity, which allows greater range of motion in all joints.

Hydrostatic pressure and buoyancy principles of water help reduce pain in joints and soft tissue that the atmospheric pressure on land plays havoc with. It helps support the body in non-gravitational positions, which help flexibility and mobility in the areas being worked on. These principles also allow the patient to perform pre-gait activities and progression of more functional gait patterns that may not be able to be done on land.

Buoyancy of water also helps to provide trunk stabilization for low back, spinal problems, lack of muscle coordination and ataxia. Pressures of the water are always pushing inward and upward thereby aiding in coordination and balance deficits. Various positions in the water will affect the body in different ways to allow for an excellent means of strengthening progression and motor control. Enough endurance can be built so that the patient can progress to land based exercises that may have been painful, difficult, or impossible to perform before, due to post-operative constraints and weakness.

Movement in water helps to re-educate the body and allows it to move in ways that are easier and possibly eliminate pain. The water is an excellent medium to start neuromuscular re-education through pain free pathways of movement and to enhance independence in functional activities. Aquatic therapy affects the entire body at one time, which is great for the client who has the need to address multiple problem areas.

Sensory stimulation of the water helps increase awareness of affected body parts and helps desensitize the hypersensitive patient, which is a frequent problem associated with myofascial pain and fibromyalgia, as well as neurological or surgical patients.

Contraindications for the water are minimal, acute fever, severe cardiac complications, open wounds, isolation precautions and tracheostomy. Precautions should be taken for the other concerns of incontinence, insufficient vital capacity, excessive vertigo, frequent ear infections, trouble with swallowing, visual field difficulties, and impaired sensation with accompanying neglect.

I have been performing physical therapy in the water since 1986, before it was actually called Aquatic Physical Therapy. On many occasions I receive referrals that are deemed as a last resort or nothing else can be done. By this time, the patient's stress and pain levels are at a peak and I hear these individuals say, "this is my last resort, I don't know what else I can do." We listen to the patient's feelings about their situation and what could possibly have caused such complications. The therapist's listening skills are tested because the cry for help is clearly heard in the voice.

Unnecessarily, many people delay aquatic physical therapy due to a lack of knowledge, not knowing how to swim, or just the fear of the water. Patients who undergo Aquatic Physical Therapy really do see progress and leave with an enhanced sense of accomplishment. Many misconceptions and delays in treatment progress can be avoided if warm water therapy is the first line of defense and not the last resort.



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