Aquatic Therapy offered in our 92-94 degree therapeutic pool offers many advantages and benefits to individuals recovering from all phases of injury or illness. The scope of patient diagnoses treated in our pool is surprisingly vast, encompassing everything from post-surgical, non-surgical, orthopedic, rheumatologic, and neurological to chronic pain.

It is the therapeutic properties of the water combined with the skill and specialized training of our aquatic therapists that will help you to improve your mobility and function. You do not have to be a swimmer to participate in or benefit from water therapy.

Patients participating in aquatic therapy can expect the following benefits:

1. Increase in joint flexibility.
2. Increase in muscle strength.
3. Decrease in pain.
4. Decrease in abnormal tone, spasticity, and rigidity.
5. Improved balance.

Aquatic Therapy is provided by our physical therapy staff in our multi-depth, therapeutic pool at Clinch Valley Medical Center. It is offered as a modality in conjunction with land based therapy or by itself as the primary therapy if appropriate. Individuals can access the pool either by stairs or a hydraulic lift. Depths range from 4 to 6 feet.

Physical therapy orders generally come from the patient’s physician and are generally authorized and covered by Medicare, insurance or managed care plans.
Our Program
Clinch Valley Medical Center’s Rehabilitative Services (physical, speech and occupational therapy) are available for those who experience aches, pains, debilitating illness or trauma, stroke, traumatic head injury, spinal cord injury, joint replacement, fractures, back/neck problems, amputations, wounds and more. Our patients work with a team of highly trained experts who provide hands-on therapies for a variety of complex and often multidisciplinary cases. We have therapists specializing in the following areas:
- Physical therapy
- Occupational therapy
- Speech-language pathology

These conditions do not have to mean a lifetime of dependence on others. Working together we can See Your Potential… Set Your Goals… Reach Your Goals!

All available to you from Clinch Valley Medical Center, known for its high quality of patient care and customer service.

Individualized Care
We proudly provide one-on-one treatment to each patient.

Our therapy programs are provided by highly trained, licensed, registered professionals who directly provide one on one, individualized plans of care throughout the treatment process.

Clinch Valley Medical Center’s Rehabilitative Services (physical, speech and occupational therapy) provide extensive evaluations for each patient and develops specific treatment plans tailored to meet their unique individual needs. Through the use of evidence based approaches incorporating the latest scientific research, our goal is to ensure patients experience optimal return to the activities most important to them. Our focused one on one therapy plans emphasize ReLearning, ReGaining, and ReTraining to return our patients to the lifestyle they’ve been missing.

Comprehensive Care
Clinch Valley Medical Center’s Rehabilitative Services (physical, speech and occupational therapy) offer a comprehensive range of therapies including:
- Dynamic & Pelvic Stabilization
- Lymphedema - manual lymphatic drainage massage/bandaging
- Vestibular Rehab
- Pelvic Girdle Disorder/SI Pain
- Hand Therapy - custom hand splints
- Total Joint Rehabilitation
- Post-orthopedic Surgery Programs
- Spinal Stabilization Exercise (core training)
- Post-stroke Rehabilitation
- Neurological Rehabilitation
- Balance & Gait Training
- Sports Therapy
- Ergonomic Retraining
- Activities of Daily Living (ADL) Training
- VitalStim Swallowing Therapy
- Pediatric Rehab
- Aquatic (pool) Therapy
- Biomechanical Orthotic Evaluation
- Prosthetic Evaluation & Fitting

For an appointment or referral call (276) 596-6140