

## Aquatic Therapy Pool Reopens Following Planned Renovations



For nearly 30 years, Saint Joseph's Center has offered Aquatic Therapy as a modality within its Outpatient Therapy Services located in the Weinberg Therapy Building at the Main Center in Scranton. The 50,000-gallon, 20'x 40' pool accommodates the area's only dedicated Aquatic Therapy Program. To maintain proper conditions, thorough inspections occur on daily, weekly, and annual schedules. During a recent annual inspection, plans were put in place for significant state-of-the-art upgrades. New mechanics and fiberglass panels were installed to operate the adjustable floor. Pool walls were replastered. An updated Ultraviolet Disinfection System and replacement LED lighting were installed. The improvements were sequenced to minimize pool closure time. Without access for approximately two months, participants realized how much benefit they gain from Aquatic Therapy.

**Tina Selvenis shared, "I have had two knees replaced and have arthritis in my back. I wouldn't be mobile if I did not have the benefit of Aquatic Therapy at Saint Joe's."**

The advantages of Aquatic Therapy at Saint Joseph's Center are numerous. The adjustable floor, typically maintained at four or six feet, provides a comfortable height. The buoyancy of the water provides resistance for strengthening and offers support. The water temperature of 92 degrees relaxes muscles and eases joint pain. Mike Kane, Clinical Director of Therapy Services, says many, including those with chronic conditions such as arthritis, can improve core strength and joint mobility. Aquatic Therapy is proven to be beneficial and is an effective alternative or supplement to traditional land-based Physical Therapy.

Dr. Chris Brozena, Senior Physical Therapist, stated, "The maintenance program and group exercise classes are wonderful. In the maintenance program, everyone has had skilled Physical Therapy at some point, and most are continuing to manage a chronic condition. This creates a common bond among the people who use the pool, recognizing that they are not the only ones going through that type of situation. Many have become friends outside of the pool, with group lunches being common." He continued, "What sets Saint Joseph's Therapy Program apart from others is the staff who have different specialties. This team approach provides a friendly, knowledgeable, and individualized program designed to maximize the healing for each client."

Deborah McCorvey, an Aquatic Therapy client, stated, “I believe the therapists have ‘cured’ my shoulder and back issues. Saint Joseph’s has the best atmosphere and the best therapists. I would not go anywhere else.”

In addition to Aquatic Therapy, the Outpatient Therapy Program offers Physical, Occupational, and Speech Therapy. Experienced professional therapists develop individualized treatment plans for each client, pediatric through geriatric. To learn if Outpatient Therapy at Saint Joseph’s Center is right for you, can click [HERE](#) to send us a message or call us at 570-963-1279. Medicare and most major insurances are accepted.



## During the Therapy Pool Renovation



If you or someone you know can benefit from Outpatient Aquatic Therapy, please call 570-963-1279