

# Encore Symposium

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Gulf Shores, Alabama

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# Symposium Objectives

- Assessment Capabilities; Preventive Measures and Emergent Rehabilitative Techniques
  - Aquatic Rehabilitation: Underutilized Healing Environment
  - Phased Progression: Criteria Based Metric
  - SwimEx: Multi-speed Laminar Flow System
  - Aquatic Code 97113

# Case for Aquatic Therapy

Current reality- Limited exposure in PT Schools; Little and under-utilization

Warm water superior healing environment; CPT code higher reimbursement; Patient, Physician, Work Comp case manager satisfaction; Higher percentage of goals met; Expanded patient base; Strong market position

Maybe it is time to explore aquatic therapy as an emergent rehabilitative technique?

# Properties of Water: Healing Environment

## Buoyancy:

- Allows the patient to move a body part with minimal effort while supporting the rest of the body, decreasing lumbar stresses, decompressing the joints and minimizing pain

## Warm water:

- Allows for the immediate shunting of blood to all joints and muscles which increases flexibility while reducing pain and muscle spasm

# Properties of Water (continued)

## Hydrostatic pressure:

- Compresses deeply submerged body parts to increase balance and help to reduce edema and inflammation pain

## Viscosity:

- Increases resistance to moving body parts directly proportionate to the patient's efforts while increasing strength and conditioning



# Aquatic Therapy Increases Treatment Options

Aquatic based physical therapy using Phased Progression has proven beneficial to patients with the following conditions:

Cardiopulmonary disorders- Cardiac Failure, Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, Coronary Heart Disease

Neurological disorders- CVA or stroke, Traumatic or Anoxic Brain Injury, Spinal Cord

Musculoskeletal disorders- Mechanical Spinal Disorder, Sprain/Strain, Total Joint Replacement, Tendonitis, Bursitis, Frozen Shoulder, Rotator Cuff Tear or Impingement

Rheumatological disorders- Ankylosing, Spondylitis, Fibromyalgia, Osteoarthritis, Rheumatoid Arthritis

# Treatment Options (continued)

- Spinal disorders- Spinal Stenosis, Degenerative Disc Disease, Degenerative Joint Disease
- Post Surgery-Cervical Lumbar, Hip, Knee, Ankle, Shoulder, Elbow and wrist
- Sports Injuries

# AFT: Aquatic Functional Test

- **An AFT is a functional movement which harnesses the properties of water to help find the relevant movement deficits of the individual.** The AFT assesses three to four physiological variables depending on whether it is a unilateral test (all four variables) or bilateral test (three variables). The physiological variables to be tested are:
  - Repetition: tests for strength, stability or balance
  - Pain: tests for the injured tissue in question using forces such as tension, stretch, compression or contraction
  - Technique: tests for any compensatory motions due to an improper kinesthetic sense from their condition
  - Time: tests for endurance, stability or balance
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# Criteria Based Metric

- Criteria Guide for Aquatic Inclusion, Progression and Discharge
- The evaluating and treating therapist will use these following criteria as a guide in determining if a patient is appropriate for water and also help the “thinking” therapist make decisions on how to progress their patients aquatic program.

# Phases 1-3

## Evaluation Criteria

- $\geq X/10$  Pain with AROM or with ADLs, work duties, recreational/competitive sports
- $\leq X\%$  of WFL AROM of uninvolved side or direction
- $\geq X\%$  Functional/Disability Questionnaire Score (T3–L5)

## Criteria to Pass AFTs

- $< X/10$  Pain with Aquatic Functional Test
- $> X\%$  with Aquatic Functional Test reps compared to uninvolved extremity or nonpainful direction(s)
- A criterion score for quality of movement

# How does Phased Progression **Work**?

- ✓ The patient is assigned to 1 of 19 available sets of Progressions based on affected body part.  
**Therapeutic exercises vary based on diagnosis.**



## REFERENCE GUIDE PHASED PROGRESSIONS

### Lower Extremity

Ankle & Foot . . . . .	1
Knee . . . . .	5
ACL Reconstruction . . . . .	9
Hip . . . . .	13
THR Posterior . . . . .	17

### Upper Extremity

Shoulder . . . . .	21
Atraumatic MDI . . . . .	25
SLAP Repair Types I & III . . . . .	29
SLAP Repair Type II . . . . .	33
Elbow . . . . .	37
Wrist . . . . .	41

### Spine

Lumbar Surgical . . . . .	45
Lumbar Flexion Preference . . . . .	49
Lumbar Extension Preference . . . . .	53
Lumbar Instability / ROM . . . . .	57
Cervical . . . . .	61
Thoracic . . . . .	65

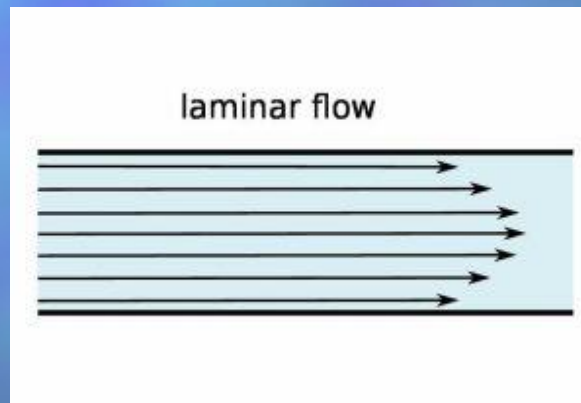


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# Laminar Flow vs Turbulence

- Laminar flow is smooth and consistent whereas turbulence is not
- Fluid particles do not cross each other whereas turbulence does cross
- Fluid velocity is constant at any point in laminar flow
- Resistance is constant and measurable for patient treatment





# SwimEx Model 1000T

- Phased Progression was birthed within this SwimEx system
- Laminar flow assists with multiple therapeutic interventions
- Variable pool sizes can accommodate therapists patient volume
- Multiple depth features provide for patient treatment of persons of varied heights
- Chair lift and patient friendly stairs accessibility
- Quality engineering and production, fiberglass and paint finish
- Reliable after eleven years of service
- Contracted to provide Phased Progression training to current and new clients



# Match ICD 10 codes with CPT codes

- 97113 billing rates vary regionally and contractually
- Typically higher/highest rate
- Increasing code billing increases net income per visit (reliable)
- 50-60% of Synergy patients daily in water
- 95% of patient are evaluated and enter Phased Progression pathway
- Synergy Solutions clients increase net income (\$50K to \$250K annual)
- Phased Progression training 20 CEU course
- Marketing assistance and materials and operations adjustment assist

# Consider Aquatic Therapy as an Emergent Patient Care and Income Growth Option

- Current therapy pools expanded usage
- Consider the SwimEx and Synergy Therapies proven approach
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