

SwimEx: Advancement in Hydrotherapy Technology



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What is the SwimEx?

The SwimEx is a revolutionary, aquatic, multifunctional pool that can be used for physical therapy, rehabilitation and sports conditioning, among other applications. The SwimEx is a fiber glass swimming pool that utilizes motors and paddles to draw in water from the surface and send it back into the pool. This helps to create a steady, deep current.

Brief History

- Created by fiber glass pioneer Everett Pearson
- Combined patented paddle wheel motor with years of fiber glass experience

What are the different types of Equipment?

- Used to help increase cardiovascular fitness, muscular strength and muscular endurance

Aqua Bike

- Useful for patients with injuries to:
 - Hamstrings
 - Quadriceps
 - Gastrocnemius



Aquatic Ellipse

- Useful for patients with injuries to:
 - Gluteus Muscle Group
 - Gastrocnemius
 - Hamstrings
 - Quadriceps



Aquatic Recliner

- Benefits to using this equipment:
 - Complete immersion causes whole body to work in unison
 - Low impact forces generated
- Useful for patients coming back from knee surgery
- Helps to recondition the knee ligament



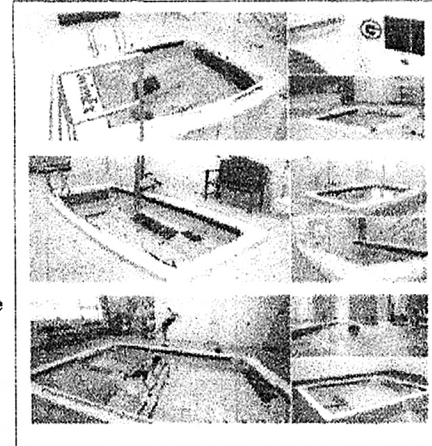
SPT Underwater Treadmill

- Benefits to using this equipment:
 - Low impact forces generated
 - Low weight being exerted to injured limb
- Useful for patients with injuries to:
 - Knee ligaments
 - Ankle ligaments



What are some advantages to using the SwimEx?

- Allows athletes to begin rehabilitation faster
 - Allows for a quicker recovery and return to participation rate
- Athletes can perform wide variety of rehabilitation exercises
 - Non-weight bearing exercises
 - Gate corrective exercises
 - Resistance exercises
- Variable sizes for different locations
 - Compact size (7'7" x 13'7" x 5'10")
 - Utilized in a limited area of space
 - Athletic training setting
 - Standard size (7'8" 17'6" x 5')
 - Utilized in a moderate area of space
 - Physical therapy setting
 - Largest size (11'5" x 21' x 7')
 - Utilized in a very large area of space
 - Large hospital setting
 - Large physical therapy setting
- Low maintenance
 - Reliable motor equipment
 - Durable fiber glass hull



What are some disadvantages to using the SwimEx?

- Costly investment
 - \$37,000 to \$45,000
 - Top of the line model costing up to \$95,000
- Setting necessities
 - Water lines in and out
 - Electrical lines with a GFCI (Grounded Fault Circuit Interrupter)
 - Available space for equipment

What types of programs can be conducted in the SwimEx?

- Rehabilitation Programs
 - Aid in proprioception, balance, little weight-bearing movements
- Resistance Training
 - Foam dumbbells
 - Working against different water currents (short to moderate amount of time)
- Endurance Training
 - Working against different water currents (elongated amount of time)
 - Utilizing stationary equipment
- Assisted living center
 - Helps get elderly up and moving without exerting too much pressure on joints
- Veterinary Hospitals
 - Teaching rescue animals to swim against variable currents
 - Keeping up animals cardiovascular fitness while injured

