

Additions to the Manual

AquaStretch™ Precautions

- + **Bold items are absolute precautions – unless medical clearance has been given**
- + Non-bold items are relative precautions – use your good judgment – err on the side of caution and seek medical clearance if you have any concerns.



- Soft Tissue Tears**
- Joint laxity**
- Breaks (fractures)**
- ≤ 3 months post-op**
- Long-term steroid use**
- Edema of unknown cause (should get medical clearance first)**
- Heavy meds or substance abuse**
- Litigation cases**
- Joint replacement
- Osteoporosis
- Anticoagulant medications (possible bruising)
- Not responsive first treatment (example: hydrophobic, FMS)

Precautions to Head Hang

- ✓ Instability of the first vertebrae below the skull (atlas, axis). This can be found in people with: Rheumatoid Arthritis, Down's syndrome, post high velocity car accident (whiplash injury).
- ✓ Whiplash (do not do within first 2 weeks of injury)
- ✓ Cervical fusion (bones of the neck have been surgically fused).



Red Flags for Cervical Procedures:

- ✓ *Lean Back*
- ✓ *Arch Forward*
- ✓ *Against the Wall (standing or supine)*
- ✓ *Head Hang or Modified Head Hang*
- ✓ *Use caution with shoulder procedures.*

—Vertebral artery compromise

- ◆ *Drop attacks (loss of motor control = collapse)*
- ◆ *Lip paraesthesia (funny sensation = numbness, tingling, burning...)*
- ◆ *Nystagmus (rapid, uncontrolled flicking of eyes side to side)*

—Spinal cord compression/ compromise (ie: stenosis)

- ◆ *Multiple symptoms in the extremities*

—Signs of nerve root compression:

- ◆ *Pain, numbness and tingling distally (toward hands / feet)*
- ◆ *Loss of sensation*
- ◆ *Isolated muscle weakness*