

Media Contacts:

Dick Wolfe & Nicky Cashin
Gibbs & Soell Public Relations
dwolfe@gibbs-soell.com
ncashin@gibbs-soell.com
212.697.2600

***Study Shows Warm-Water Therapy Aids in Recovery
Process for Knee Replacement Patients***

Alexandria, VA, January 24, 2007—A recent study funded by the Hot Tub Council (HTC) of the Association of Pool & Spa Professionals (APSP) found that patients who undergo total knee replacement surgery and incorporate warm water exercise into their treatment have a greater opportunity to return to normal function faster. The warm-water therapy study also found patients to have an improved range of motion and less pain and swelling throughout the recovery process than patients who perform land exercise alone.

The HTC provided a \$50,000 grant to the Foundation for Physical Therapy (FPT) to conduct the study. The FPT awarded the grant to Richard McAvoy, a physical therapist in Somersworth, New Hampshire. McAvoy created two experimental groups of 30 people who had undergone unilateral total knee arthroplasties. One group of participants utilized only land-based therapy, while the other group was exposed to both land- and water-based therapy, the latter in a pool heated to 92 degrees Fahrenheit. Range of motion, pain, swelling and functional status were measured and the hypothesis proven: Warm-water therapy patients do, indeed, recover faster.

Though results from this study were in favor of warm-water therapy for rehabilitation post-knee replacement, there is more research to be done. The HTC and the FPT hope to conduct future studies on the positive impact of water exercise in conjunction with land exercise and submit the findings for publication in the *Journal of Orthopaedic & Sports Physical Therapy* or the *Physical Therapy Journal* in 2007.

The HTC intends to use this latest information to raise awareness of the proven benefits of warm-water therapy in order to educate consumers on the health benefits of hot tub ownership. Additionally, the HTC will also continue to spread its message that hot tubs can enhance a

healthy, happy lifestyle through various public relations tactics, including publicizing study results to consumer media nationwide. The quicker rehabilitation enjoyed by patients in the knee replacement study would seem to indicate that warm-water therapy may help those recovering from other joint-replacement surgeries as well.

For more information, visit www.HotTubLiving.com.

###

About HotTubLiving.com

The goal of HotTubLiving.com is to provide the most complete information available on the benefits of hot tub ownership and responsible use including maintenance and safety tips. HotTubLiving.com is sponsored by the Hot Tub Council (HTC) of the Association of Pool & Spa Professionals (APSP), the largest trade organization representing manufacturers and other professionals in the pool, spa and hot tub industry. For more information, visit APSP.org.