

# Indications and Corresponding Aquaroll® Treatment Settings

Indication	Treated Extremity	Running Time	Rotation Speed	Temperature	Frequency
<b>Carpal Tunnel Syndrome</b>	Hand / Wrist	10-15 minutes	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Tendinitis, including Achilles Tendinitis</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Plantar Fasciitis</b>	Foot / Ankle	15-20 minutes	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Dupuytren's Contracture</b>	Hand / Wrist	10-15 minutes	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Wrist Synovitis</b>	Hand / Wrist	10-15 minutes	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Overuse Syndromes</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Post-surgical Rehabilitation</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm or cold water, as desired	3-5 times / week for 4 weeks, then re-assess
<b>Post-fracture Rehabilitation</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm or cold water, as desired	3-5 times / week for 4 weeks, then re-assess
<b>Lymphedema / Swelling in Hands and Feet</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed to 50 for duration of treatment.	Cold water – 68-77° F / 20-25° C	Once daily, or as needed
<b>Arthritis</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Warm water – 93-99° F / 34-37° C	Once daily during active treatments, then as needed for maintenance / pain control
<b>Ligament Sprains</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Cold or warm water, as desired	5 times / week for 2 weeks, then 3-5 times / week for 2 weeks, then re-assess
<b>Muscle Strains</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Cold or warm water, as desired	5 times / week for 2 weeks, then 3-5 times / week for 2 weeks, then re-assess
<b>Sports Recovery / Injury Prevention</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium / high speed of 50-60	Cold / icy water – maximum of 68° F / 20° C	Up to 3 times daily, after work-out / performance sessions
<b>Joint Stiffness / Decreased Range of Motion</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Scar Tissue Reduction</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium-high speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Skin Rejuvenation</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-45	Warm water – 93-99° F / 34-37° C	5 times / week for at least 1 week, then on a regular basis, as needed
<b>Complex Regional Pain Syndrome</b>	Hand / Wrist	10-15 minutes	Slow rotation initially of 30-45. Increase speed, as desired.	Warm water – 93-99° F / 34-37° C	3-5 times / week for 8 weeks, then maintenance program, as desired
<b>Hypersensitivity</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed, as desired.	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
<b>Neuropathy</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-45	Warm water – 93-99° F / 34-37° C	Up to 2 times daily
<b>General Relaxation and Well-Being</b>	Hand / Wrist Foot / Ankle	10-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-45	Warm water – 93-99° F / 34-37° C	Up to 2 times daily