

# Indications and Corresponding Aquaroll® Treatment Settings

Indication	Treated Extremity	Running Time	Rotation Speed	Temperature	Frequency
Carpal Tunnel Syndrome	Hand / Wrist	12-15 minutes	Medium speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
Tendinitis, including Achilles Tendinitis	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
Plantar Fasciitis	Foot / Ankle	15-20 minutes	Medium speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
Dupuytren's Contracture	Hand / Wrist	12-15 minutes	Medium speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
Wrist Synovitis	Hand / Wrist	12-15 minutes	Medium speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
Overuse Syndromes	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
Post-surgical Rehabilitation	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm or cold water, as desired	3-5 times / week for 4 weeks, then re-assess
Post-fracture Rehabilitation	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm or cold water, as desired	3-5 times / week for 4 weeks, then re-assess
Lymphedema / Swelling in Hands and Feet	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 40-45. Increase speed to 50 for duration of treatment.	Cold water – 68-77° F / 20-25° C	Once daily, or as needed
Arthritis	Hand / Wrist Foot / Ankle	12-15 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
Ligament Sprains	Hand / Wrist Foot / Ankle	12-15 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
Muscle Strains	Hand / Wrist Foot / Ankle	12-15 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
Sports Recovery / Injury Prevention	Hand / Wrist Foot / Ankle	12-15 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
Joint Stiffness / Decreased Range of Motion	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
Scar Tissue Reduction	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm water – 93-99° F / 34-37° C	3-5 times / week for 4 weeks, then re-assess
Skin Rejuvenation	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-55	Warm water – 93-99° F / 34-37° C	5 times / week for at least 1 week, then on a regular basis, as needed
Complex Regional Pain Syndrome	Hand / Wrist	12-15 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
Hypersensitivity	Hand / Wrist Foot / Ankle	12-15 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
General Relaxation and Well-Being	Hand / Wrist Foot / Ankle	12-15 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 3 times daily