

# About Us

## Setting the Standard for Over 30 Years

Swanson McArthur Physical Therapy is a physical therapist-owned and -operated orthopedic and sports injury rehabilitation physical therapy clinic. We have been serving the communities of **Carmichael, Fair Oaks, Citrus Heights, Orangevale, Sacramento, Antelope, and Roseville** for over 25 years, building and maintaining an excellent reputation in the medical community. A member of **PTPN**, our courteous and caring staff takes pride in providing the most comprehensive treatment available, considering the needs and goals of each patient.

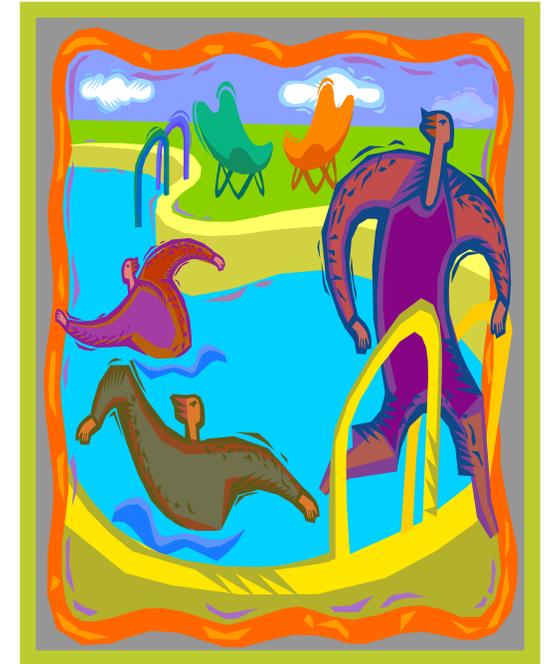
We specialize in the evaluation and treatment of all orthopedic and sports dysfunctions. Our physical therapists are licensed by the state of California and are members of the **American Physical Therapy Association (APTA)**. Our full-time clinicians are board-certified **Orthopedic Clinical Specialists (OCS)**, certified by the American Board of Physical Therapy Specialties.

**“Restoring function,  
maximizing performance.”**

## Swanson McArthur Physical Therapy & Aquatic Center

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## Swanson McArthur Physical Therapy & Aquatic Center

## Aquatic Rehabilitation

Quinn A. McArthur, PT, OCS  
Owner/Director

Daniel Burke, PT, MPT  
Aquatic Physical Therapist

# Aquatic Rehabilitation

## Who Can Benefit?

Recent studies have shown aquatic exercises to be effective in treating a number of conditions. Patients with chronic pain (joint pain or muscle pain), arthritic conditions, painful spinal conditions, and balance difficulties all benefit from an individualized aquatics program.

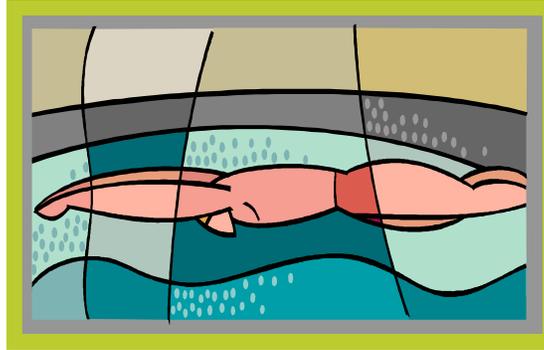
**Pressure** exerted on the body by the water helps to reduce swelling. In addition, load sensitive patients respond very well to the **buoyancy** created by the water. This allows for early, safe weight bearing exercises and gait training. The buoyancy also helps those suffering from painful arthritic spine, hip, knee, and ankle conditions.

In addition to the soothing benefits of the **heated** water (92°), movement against the water is met with **resistance**. This allows for strengthening in a warm environment with less joint compression.

Balance training can be achieved as well due to the supportive nature of the water. The water allows for increased reaction time, it reduces the risk of falling, and it lessens the challenges to a patient's coordination.

## Common Conditions Treated in Our Pool

- Fibromyalgia/chronic pain syndromes
- Joint replacement
- Lower extremity joint arthritis
- Spinal conditions (disc disease, stenosis, etc.)
- Balance and gait disorders



## Your Aquatic Physical Therapist

Dan Burke joined Swanson McArthur Physical Therapy in 2014.

Dan was born and raised in the Santa Cruz mountains. He developed an appreciation for the physical therapy profession after rehabilitating injuries obtained during high school football and lacrosse.

Dan went on to graduate from Cal Poly SLO with a degree in Kinesiology, specializing in Clinical Exercise Science. During this time, Dan was able to volunteer with both outpatient and hospital-based physical therapy locations to further grow his knowledge base. After being accepted into several graduate programs, Dan chose CSU Sacramento and graduated with his Master of Physical Therapy degree in 2013.

His graduate thesis studied the most effective examination methods for shoulder injuries. He has since taken an additional course for the treatment of spinal pathology, and plans to pursue certification as a Certified Aqua Therapist and Orthopedic Clinical Specialist in the near future. In his free time, Dan enjoys rock climbing, automotive work, and golf. He also enjoys hiking and playing tennis with his fiancé.

## Instructional Pool Program Hours

Monday, Wednesday, Friday  
10am-11am and 3pm-4pm

Tuesday and Thursday  
10-11am

This program is tailored to meet the individual needs and demands of the patient. Your program is developed, monitored, and modified personally by your physical therapist

## Our Pool

Swanson McArthur Physical Therapy's Aquatic Rehabilitation Center is an on-site, indoor, heated pool, adjacent to our rehabilitation gym. It includes the following characteristics:

- Double rails to ease entry and exit from the pool
- Bars around the majority of the pool to aid exercise performance.
- 4-4 1/2 foot depth, approx. size: 12'x 20'
- A variety of pool and rehabilitation equipment to challenge different levels of fitness.

## Independent Pool Program

For those patients interested in independent aquatic exercises, we provide daily access to our pool. Independent pool programs are available for current patients, past patients, and non-patients. Simply complete a brief medical screen.

Call 916 965-8900 for Independent Pool Program hours OR download the schedule from our website.

## Arthritis Foundation Aquatics Program

Four classes available weekly. Contact our office or download the schedule at [www.swansonmcarthurtpt.com](http://www.swansonmcarthurtpt.com)