

FITNESS FORUM

FUNCTIONAL OUTCOMES VS. NATIONAL AVERAGES

FUNCTIONAL OUTCOME MEASURES	% INCREASE OF IMPROVEMENT FROM EVAL	
	AQUACARE AVG.	NATIONAL AVG.
QUICK DASH UPPER EXTREMITY	53.70%	41.90%
LOWER EXTREMITY FUNC. SCALE	44.40%	43.00%
OSWESTERY (LOWER BACK PAIN)	50.90%	28.80%
NECK DISABILITY	58.70%	30.70%
DIZZINESS (NEURO)	53.50%	35.58%
KNEE INJURY OSTEO	62.70%	41.20%
HIP DISABILITY OSTEO	44.00%	33.20%
LYMPHEDEMA	49.50%	32.20%

