

To Whom it May Concern:

I am writing in support of a new therapy facility that is underway, Serenity Springs Float Center. As a Doctor of Physical Therapy who treats chronic pain patients, I am excited to learn of a new alternative therapy that our community provide. As you know, chronic pain patients can be difficult to treat due to the complexity of issues. Many have both physical and psychological problems that can be challenging to treat. I found in my practice that aquatic therapy works best for patients with chronic pain due to fibromyalgia, cancer diagnosis, osteoarthritis, failed back surgery, etc. I feel the floatation therapy would be a great addition to the aquatic therapy field. It would provide an alternative therapy for patients to use once they are discharged from an outpatient physical therapy setting.

In my own research of floatation therapy, I have come across dozens of articles that support floatation therapy for both its psychological benefits, as well as its physical benefits. I have listed a few below.

I hope Valdosta will welcome this new business as an additional therapy clinic to serve our chronic pain patients.

Stephanie Kurrie, DPT

Kjellgren A, Sundequist U, Norlander T, Archer T. Effects of flotation-REST on muscle tension pain. *Pain Res Manag.* 2001 Winter;6(4):181-9. doi: 10.1155/2001/768501. PMID: 11854763.

Jonsson K, Kjellgren A. Promising effects of treatment with flotation-REST (restricted environmental stimulation technique) as an intervention for generalized anxiety disorder (GAD): a randomized controlled pilot trial. *BMC Complement Altern Med.* 2016 Mar 25;16:108. doi: 10.1186/s12906-016-1089-x. PMID: 27016217; PMCID: PMC4807536.

Kjellgren A, Westman J. Beneficial effects of treatment with sensory isolation in flotation-tank as a preventive health-care intervention - a randomized controlled pilot trial. *BMC Complement Altern Med.* 2014 Oct 25;14:417. doi: 10.1186/1472-6882-14-417. PMID: 25344737; PMCID: PMC4219027.

Zamunér AR, Andrade CP, Arca EA, Avila MA. Impact of water therapy on pain management in patients with fibromyalgia: current perspectives. *J Pain Res.* 2019 Jul 3;12:1971-2007. doi: 10.2147/JPR.S161494. PMID: 31308729; PMCID: PMC6613198.