

WaterBow

Using your HSA or FSA for a WaterBow

Letter of Medical Necessity (LMN) form · for you and your practitioner

WHAT THIS IS

The WaterBow is a therapeutic exercise device used in rehabilitation, balance and strength work. This document contains a Letter of Medical Necessity (LMN) form you can take to your doctor or physical therapist. With a signed LMN, you may be able to pay for your WaterBow with your HSA or FSA, or claim it back.

HOW TO USE IT

1. **Take page 2 to the doctor, physical therapist or practitioner who treats you.** They decide whether the WaterBow is right for your condition. If it is, they fill in and sign page 2, or write their own letter on their letterhead using the same details. Page 3 tells them about the device.
2. **Check with your HSA or FSA provider** that they accept LMNs from your practitioner's profession. Some plans ask for a physician (MD or DO).
3. **Buy your WaterBow** at waterbow.us. Pay with your HSA or FSA card if your provider allows it, or pay as usual.
4. **Send your provider the signed LMN and your invoice from us.** Keep a copy of both.

GOOD TO KNOW

- An LMN is usually valid for up to 12 months.
- Your plan makes the final decision on any claim.
- Need help? Email support@waterbow.us or call [+1 \(737\) 237-9300](tel:+17372379300).

Full steps, and what to expect, are on our help page: [Can I Use My HSA or FSA to Buy a WaterBow?](#)

Letter of Medical Necessity

For a therapeutic exercise device purchased with Health Savings Account (HSA) or Flexible Spending Account (FSA) funds

PATIENT

Name _____ Date of birth _____

PRACTITIONER

Name	_____	Credentials (MD, DO, NP, PA, PT, DC)	_____
License number and state	_____	NPI (if applicable)	_____
Practice name	_____	Phone	_____
Address	_____	Email	_____

DIAGNOSIS / CONDITION BEING TREATED

ICD-10 code(s), if available _____

ITEM RECOMMENDED

WaterBow: a hand-held, water-filled resistance device (110 cm / 43 in) for therapeutic exercise. The patient fills it with 0.5 to 1.5 liters of water (filled weight 1.5 to 4.9 lb). Moving the device sets the water in motion, creating continuous, unpredictable shifts in load (internal perturbation) that the patient has to react to and control.

Dosing and progression: load is graded by water volume (0.5 / 1.0 / 1.5 L), movement speed and range, and base of support (seated, standing, narrow or single-leg stance). This allows progressive loading and regression within a plan of care. Low-impact: resistance scales with the patient's own movement speed. Approximate price: \$179.99.

THERAPEUTIC GOALS (tick all that apply)

- | | |
|--|--|
| ☐ Balance and postural control / fall-risk reduction | ☐ Mobility and range of motion |
| ☐ Trunk and proximal (core, hip, shoulder girdle) stabilization | ☐ Post-injury or post-surgical rehabilitation |
| ☐ Proprioceptive and neuromuscular retraining | ☐ Neurological rehabilitation |
| ☐ Progressive strengthening | ☐ Other: _____ |

MEDICAL PURPOSE

In my clinical judgment, this patient requires the item above as part of their treatment for the condition stated. It is not intended for general health or fitness.

How it will be used (exercise prescription / home exercise program / plan of care):

DURATION

Recommended for _____ months ☐ ongoing / lifetime

STATEMENT

I am treating this patient for the condition above. The item is recommended primarily to treat or manage that condition.

Signature _____ Date _____

WaterBow

For your practitioner: about the WaterBow

Background for the clinician completing the Letter of Medical Necessity on page 2

WHAT IT IS

A hand-held, water-filled resistance device. As the patient moves it, the water shifts inside the tube and creates continuous, unpredictable changes in load. The patient's body responds reflexively, which is why practitioners use it for balance, stabilization and neuromuscular work. Load is graded by water volume (0.5 to 1.5 liters), movement speed and range, and base of support, so the same device serves a seated, deconditioned patient and a standing, single-leg progression.

WHERE IT COMES FROM

Developed and refined in Europe over more than a decade, much of it alongside physiotherapists and sports scientists in clinical and small-group settings. In some of those settings it became part of preventive movement courses recognized for health-insurance reimbursement. WaterBow Fitness in Austin, Texas brings it to the US.

HOW PRACTITIONERS USE IT

- Balance and postural-control training, including for older adults
- Trunk and proximal stabilization (core, hip, shoulder girdle)
- Progressive strengthening and mobility work
- Ankle stability and return after knee injury
- Home exercise programs between visits
- Seated or standing, in clinic or at home

THE EVIDENCE, PLAINLY

A commissioned EMG assessment (2019) recorded muscle activation during WaterBow exercise and recommended further study. Controlled clinical trials have not yet been published. We are working with US universities and physical therapists on protocols and research, and we welcome clinicians who want to be part of that.

SPECIFICATIONS

- Length 110 cm (43.3 in); width 4 to 7 cm along the curve
- Weight: 0.7 kg (1.5 lb) empty; 2.2 kg (4.9 lb) at the 1.5-liter maximum fill
- Fill levels: 0.5 L (gentle) · 1.0 L (moderate) · 1.5 L (maximum)
- Body: over 50% recycled polypropylene; end caps: plant-based bio-HDPE
- Retail \$179.99, including a guided 4-week introduction program

Questions, or a demonstration unit for your clinic: support@waterbow.us · [+1 \(737\) 237-9300](tel:+17372379300) · waterbow.us