

Aquatic Therapy



Aquatic therapy is an effective method for treating a wide range of conditions because water can play many different roles on the road to healing.

Water's buoyancy can promote healing by either aiding ease of movement or adding resistance to movements. The human body's natural buoyancy in water allows for a partial support of body weight that can assist in learning gait and balance as well as reduce the stress placed on a joint. Along with strengthening muscles, water resistance can slow down a fall so patients learn how best to react.

Resistance of the water is an excellent form of most land exercises, while buoyancy of the water enhances different weight bearing activities. Walking in the water provides exercise and training that promotes a smooth transition to the same actions on land. Relaxing pool temperatures can help with muscle relaxation and stretching.

The pressure of water against the body can help with blood return to the heart. Water offers additional sensory input to individuals working on learning a new motor task.

Water-based rehabilitation is useful when treating conditions requiring joint protection like arthritis, osteoporosis and recovery from joint replacement surgery.

Neurological conditions including stroke, multiple sclerosis, ALS, Parkinson's and others respond well to aquatic therapy.

Benefits of aquatic therapy

- Increased weight bearing in a protective environment
- Muscle relaxation with the assistance of water
- Better mobility, coordination, flexibility and balance than on land
- Greater muscle tone and strength through water resistance
- Improved cardiovascular endurance
- Early intervention following surgery or injury
- Smooth transition to land-based therapies



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