

AQUATIC THERAPY

CONDITIONS RESPONSIVE TO AQUATIC THERAPY:

- Arthritis
- Orthopedic Problems
- Joint Replacement
- Muscle Weakness
- Back - Neck - Shoulder Pain
- Rheumatoid Arthritis
- Obesity
- Spinal Stenosis
- Fibromyalgia
- Osteoporosis
- Parkinson's Disease
- Balance Disorders
- Post-Polio Syndrome
- Pre - Post Operative Surgery
- Rotator Cuff—Shoulder Problems
- Pain Syndromes
- Multiple Sclerosis
- Back Surgery

Aquatic therapy is similar to other types of therapy, except that the patient performs rehabilitation exercises in water. With our state-of-the-art therapy pool, we are able to help build muscular endurance, strength, cardiovascular health, coordination and endurance, while decreasing pain and reducing the risk of joint trauma.

EXPECTED OUTCOMES:

- Increase activity level/safety/quality of life
- Stabilization and Strengthening
- Improve balance
- Decrease pain, while enhancing function
- Minimize risk of falls/injury
- Increase Upper & Lower Body Endurance

MAINTENANCE PROGRAMS AVAILABLE:

◇ ***Water Wellness Program:*** This is an independent program, initially set up by a therapist specializing in aquatic therapy, which will allow participants to maximize the therapeutic benefits of water. Water can also be a great medium to initiate an exercise program for those individuals struggling with osteoporosis or obesity. For those who are generally healthy but just want to stay fit or improve their fitness level, water exercise is an excellent part of your wellness program.