

About Aqua Therapy

WEIGHT REDUCTION: In chest deep water, the patient's weight is approx. 75% reduced. This reduction in weight produces less spinal and lower joint compression than the identical exercise performed on land. When the patient's weight is reduced, foot strike is gentle producing less shock into the spinal joint, allowing the patient to have increased activity without pain.

BUOYANCY: Can provide either assistance or resistance to movement of the body in water. Buoyancy also produces; a decrease in splinting or guarding of anti-gravity muscles, an increase in freedom of movement, and a decrease in joint stress.

HYDROSTATIC PRESSURE: Increases the pressure on the outside of an immersed body resulting in; a reduction in edema in the lower extremities, an offset of blood pooling in the lower extremities, a desensitization effect, and a slowing of the heart rate during exercise in the water.

WATER VISCOSITY: Provides three-dimensional resistance to both agonist and antagonist muscle groups. The resistance in a viscous environment is experienced throughout the entire length of the moving lever arm. This decreases the amount of torque experienced at the proximal joint. This is most important early on in rehabilitation, when the joints may be most vulnerable. The viscosity in the water also causes the body to perform in slow motion allowing the body sufficient time to react to movement.

PROTECTION: Unstable patients that are a fall risk on land are not likely to be injured in the pool because any loss of balance would not result in impact with the ground.

Indications for Aqua Therapy

Weakness

Pain

In Coordination

Gait Training

Abnormal Tone

Stress/Sprains

Pregnancy

Post-Op Conditions

Poor Aerobic Fitness

Poor Balance Reactions

Limited Mobility

Degenerative Diseases

Neurological Conditions

Limited Range of Motion

Weight Bearing Restrictions

Cardio/Respiratory De-conditioning

**Not suitable for:*

- Fever
- Infectious Disease
- Open Wounds/Contagious Rash
- Allergies to pool Chemicals
- Uncontrolled Blood Pressure/Heart rate
- Active Lung Infection
- Urinary Infections
- COPD-Vital Capacity less than 1400 ml

Aqua Therapy FAQ

WHAT TO BRING?

You may come pool-ready or fully dressed in your street clothes. We have changing rooms, complete with towels, lockers and showers.

WHAT TO WEAR?

Swimsuits are fine. And if you are feeling a little more modest, feel free to wear shorts and a t-shirt. Optional attire include water shoes which will help with traction inside the pool and protect the feet from the rough ground outside the pool.

WHAT TO EXPECT?

The pool temperature is usually between 80 and 82 degrees. For some, it may seem a little cold at first, however will become comfortable over a few minutes of movement. There are stairs with a double hand rail to make it easier to get in and out. The depth of the pool is 3.5 ft on each end and 4.5 ft in the middle, so even non-swimmers can feel comfortable walking.

A Personalized therapeutic regimen is designed specifically for each patient's individual needs and capabilities.

As an example, Aqua Therapy may involve one or more of the following:

1. Walking forward, backward and sideways.
2. Resistive arm and leg exercises.
3. Advanced Functional Exercises.
4. Sport Specific Movements.