

# Rehabilitation and Injury Care

## Aquatic Physical Therapy

[Make an Appointment](#)



Through our 1:1 individualized aquatic physical therapy program, patients of all ages can utilize aquatic therapy with Midtown East.

Each aquatic therapy session is supervised in our heated pool by a licensed physical therapist. The pool is a comfortable environment that may be too difficult for you to do outside the pool and is frequently combined with land therapy to help patients achieve their goals over time. With the combination of buoyancy and hydrostatic pressure there is significant off loading of the spine, hips, knees, and feet with a 3 ft shallow and 6ft deep end.

Pool-based therapy can be an excellent tool in your journey to recovery. Treatments provided in an aquatic setting allow for a wide range of activities as the unique properties of water can allow participation in activities by clients who otherwise may be unable to participate. Musculoskeletal and nervous system disorders are all conditions that may be addressed in pool-based therapy.

Our trained aquatic physical therapists perform an examination intended to establish an individualized plan of care to overcome the barriers that prevent you from recovering to your full potential.

Water has therapeutic properties which provide a comfortable environment to promote relaxation, decrease pain, increase strength, and improve balance.

### **Benefits of water buoyancy include:**

- Decreased stress on the joints and muscles
- Decreased workload on the heart
- Increased circulation to muscles
- Decreased stress level to the nervous system
- Decreased pain
- Improved balance and stability
- Duration when returning to physical activity after surgery is decreased
- Improved strength, endurance, and conditioning
- Improved joint motion
- Improved posture and movement ability

### **What Can Be Treated?**

- Generalized back, neck and joint pain
- Arthritis
- Back and neck pain
- Total joint replacements
- Recovery after surgery
- Muscle weakness and deconditioning
- Fibromyalgia
- Stroke & neurological disorders
- Lymphedema

**[Learn more : click to see our full brochure](#)**

**David fell and broke his Right hip 9 months ago.**

**David is utilizing the buoyancy of the water to get an effective Hamstring stretch while weight bearing on the in**

**Marathon runner utilizing deep water running to prepare to safely return to running after a toe stress fracture**

**PT who has had a stroke working on functional sit to stand training.**

**Brandon and René are making waves while strengthening their legs!**