

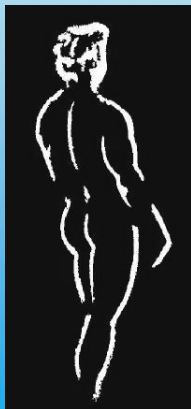
“Research indicates properties of water such as buoyancy, viscosity, temperature, and hydrostatic pressure can reduce stress on joints, improve muscle strength and circulation, and decrease pain and muscle spasms. Aquatic therapy is extremely effective for post operative back patients, and total joint hip and knee replacements. I have worked with patients who are in a wheelchair and unable to walk due to significant balance and muscular impairments and seen them start walking after 10-12 weeks of aquatic rehab. Aquatic therapy gives patients options to strengthen their body in different ways and improve their quality of life.” -Dr. Nina Vani, DPT



“The pool was the only place I could exercise without pain. It gave me the confidence I needed to get back on my feet again!” -J. Maker

Sutton Place

Physical Therapy



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AQUATIC PHYSICAL THERAPY

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WHAT IS AQUATIC THERAPY?

Aquatic therapy is provided by a licensed physical therapist in a pool. Programs are designed to meet each client's needs and can include injury care or health, wellness, and fitness programs.

Water has therapeutic properties which provide a comfortable environment to promote relaxation, decrease pain, increase range of motion, and flexibility. Benefits of water buoyancy include:

- Decreased stress on the joints and muscles
- Decreased workload on the heart
- Increased circulation to muscles
- Decreased stress level in the nervous system

The unique properties of water can allow participation in activities by clients who otherwise may be unable to tolerate exercise. Bone & joint, heart, and nervous system disorders are all conditions that may be addressed in pool-based therapy.

BENEFITS?

- Decrease pain
- Improve balance and stability
- Return to activity after surgery
- Improve strength, endurance, and conditioning
- Improve joint motion
- Improve posture and movement ability

WHAT CAN BE TREATED?

- Generalized back, neck and joint pain
- Arthritis
- Disc issues of the back and neck
- Total joint replacements
- Recovery after surgery
- Muscle weakness and deconditioning
- Fibromyalgia
- Stroke & neurologic disorders



HOW CAN A PHYSICAL THERAPIST HELP?

Physical Therapists perform an examination intended to establish an individualized plan of care to meet your needs. The goal is to eliminate barriers that prevent you from recovering to your full potential. Pool-based therapy can be an excellent tool in your journey to recovery. Treatments provided in an aquatic setting may allow easier transition to land based functional activities.

Call for an appointment today!

CONTACT US

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