



# Aquatic Therapy

**Recover.**  
**Recharge.**  
**Rise<sup>®</sup>**

**X Beneficial for Patients  
Recovering From:**

- Sports and work-related injuries
- Lower extremity fractures
- Rheumatic disorders including rheumatoid arthritis and fibromyalgia
- Lumbar strain, sciatic and degenerative disc disease
- Post-operative lumbar laminectomy patients
- Podiatric disorders and osteotomy surgery
- Shoulder, knee and ankle reconstructive surgery

Available In:  
Davison: (810) 412-5100  
Clarkston: (248) 620-4260

The special properties of aquatic therapy allow those who are unable to exercise on land to engage in physical activity. The use of water is specifically recommended for restoration, maintenance and increasing function in patients with acute, transient or chronic disabilities, syndromes or diseases such as arthritis, strokes, obesity, and Parkinson's Disease.

**Aquatic therapy has been used for centuries.**

There are numerous benefits and uses for aquatic therapy. In physical therapy, it can be used alone or in conjunction with other treatment modalities. Aquatic therapy fosters self-healing as the comfortable water decreases pain, muscle guarding, tension and anxiety. Aquatic therapy is also recommended for those in need of gait training, because the support of the water can decrease the patient's dependence on assistive devices. Using aquatic therapy as a high-velocity exercise can help build muscle, endurance, strength, cardiovascular health and coordination, without risk of joint trauma.

## **The Advantages of Aquatic Therapy**

### **Buoyancy**

While in water, the human body feels much lighter than it would on land. The water gives much needed support when the patient's muscles and joints are not able to support much weight. This allows them to complete the exercises much easier than they normally would.

### **Resistance**

Patients exercising in water use many more muscles than they would by exercising on land. The water resistance helps to improve the patient's strength and balance.

### **Hydrostatic Pressure**

When patients are almost completely submerged in the water, their blood starts circulating much better throughout their body. This, normally, reduces swelling in the lower extremities of the body. It also helps to relieve any joint stress or pains that the patient may be suffering.

### **Temperature**

Aquatic therapy is, typically, performed in heated pools. The heated water helps the aching muscles and joints to relax. It also improves blood circulation.

