

Who Can Use and Benefit From Aquatic Therapy?

Anyone.

Because of water's therapeutic properties, there is no restriction or limit to who can benefit from a session in the pool. Aquatic therapy allows patients to accelerate surgical recoveries, experience relief from chronic pain and disease and improve fitness and energy levels.

After any type of setback or surgery, increasing patient mobility is a top priority. Incorporating a warm water therapy pool into a patient's rehabilitation program enables them to begin rehabbing sooner than on land. Additionally, exercising in water eases an individual's fear of falling or re-injuring themselves. What's more, patients truly enjoy the time they spend in the pool; creating a positive attitude conducive to healing.



Consider the following individuals from your current patient mix, who would benefit from warm water therapy:

- **Those who suffer from arthritis or fibromyalgia:** The warmth of the water decreases pain and offers a more comfortable environment for rehab or exercise.

“ But I find that when I'm in the water there's something about the buoyancy of the water that permits me to stand up straight and to walk. It feels so damn good to be straight.”

- Jim Stallings, aquatic therapy user to improve posture and strength

- **Individuals with orthopedic joint sprains, surgeries or replacements:** The buoyancy of water provides the ability to start rehabilitation sooner without compromising the injured joint. The combination of warm water and the ability to perform exercises earlier results in decreased inflammation and pain as well as increased range of motion.

- **Those with neurological or neuromuscular conditions:** The warmth and buoyancy of water offers a medium in which muscles relax and rigidity is diminished. This allows for better control and freedom to perform otherwise impossible protocols.
- **Children who require rehabilitation from various injuries or disorders:** The use of varying water depth or floatation devices makes a pool accessible to everyone; and kids LOVE water which makes rehab fun.

- **Individuals who need to lose weight or improve overall fitness:** the buoyancy of water decreases a person's weight up to 80%, decreasing pain and increasing capabilities.
- **Competitive athletes looking to maintain or increase cardiovascular training while injured:** the natural resistance of water coupled with normal gain patterns can increase leg strength and add mileage to an athlete's performance program. It can also be a great way for athletes to maintain their cardiovascular and strength abilities while injured.

"I started out in the HydroWorx at 1.1 mph at 10 minutes and 6 months later I'm up to 4.5 for 35 – 40 minutes. Not only have I improved, but I have advanced far beyond what I had ever thought I could take my body to... I'm actually jogging for the first time in my life.... It's taken me further than I have ever dreamed that it could."

– Kathy Ellis, aquatic therapy user and rheumatoid arthritis sufferer



Maximizing your pool is the key to aquatics success; here are some ways to ensure you're getting the most out of the water:

- Educate local doctors and patients on the benefits and advantages of an aquatic rehabilitation program.
- Create rehab protocols based on land therapy protocols. Most exercises done on land can also be done in the water and often sooner. Be creative.
- Offer the pool to the community for wellness during pool down times. This can provide additional cash-pay revenue.

Offer Aquatic therapy and your patients will soon realize:

"One, most everything you can do on land, you can do in the water. Two, what you are no longer able to do on land, you can probably do in the water and without pain!"

- Kathy Fisher, Aquatic Director at the Randolph YMCA

- Recruit local sports teams and athletes to use the pool during off peak hours as part of their recovery or cross-training program.
- Offer spa treatments in the pool like Watsu or hydromassage.