

## 5 Ways Aquatic Therapy Impacts Rehabilitation

Top physical therapists and athletic trainers world-wide know that aquatic therapy can greatly impact the results their patients or athletes achieve during rehabilitation. Couple the natural healing properties of water with advanced aquatic therapy technology such as underwater treadmills, resistance therapy jets and deep tissue massage, and you have an unbeatable rehab tool to achieve advanced results. Read below to learn our top 5 reasons why these aquatic properties will change the way you think about rehabilitation.



- 1. An exercise solution for all levels of weight bearing.** Allowing a non or partial weight bearing patient or athlete a way to move and safely begin rehabilitation can do amazing things for their body and their spirit. The buoyancy of the water eliminates up to 90% of an individual's body weight, allowing patients or athletes with restrictions to safely begin therapeutic exercises shortly after injury without the fear of falling or reinjury.
- 2. Begin rehab sooner in the water than on land to reduce inflammation and accelerate rehab.** The ability to unload an individual's weight in the water allows you to begin rehab exercises sooner than land based exercises; thus speeding up recovery and minimizing the loss of range of motion on the injured joint. The hydrostatic pressure of water, also naturally decreases inflammation to increase circulation.
- 3. Pain is greatly reduced when exercising in warm water.** When an individual is bearing less body weight, the stress on their legs and joints is greatly diminished. In addition, the warm water acts as an aid for sore, swollen or injured joints and muscles resulting in less pain for the individual, increased range of motion and improved compliance from your patient or athlete.
- 4. Lean muscle mass and overall leg strength is greatly improved with underwater treadmill exercise.** When comparing exercising on land to aquatic-based exercise, a research study conducted at Texas A&M University shows that exercising on an underwater treadmill yields greater results in building lean muscle mass. The added resistance from the water and resistance therapy jets makes underwater treadmill exercise more challenging for your leg muscles.
- 5. Unbelievable rejuvenation and recovery capabilities.** Research shows that individuals who exercise on an underwater treadmill show significantly less muscle soreness than those who exercised only on a land treadmill. An additional research study from the University of Wisconsin showed improved flexibility and sleep patterns for those who exercised on underwater treadmills.

**Offer aquatic therapy today and your patients & athletes will soon learn:**

*"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