

Orthopedic Joint Sprains, Surgeries, and Replacements

After any type of surgery, increasing mobility is a top priority. Stiffness, loss of range of motion and flexibility can quickly result from lack of use of muscles. The weightlessness of the water reduces stress on joints and muscles, which allows rehabilitation to begin much sooner than on land. Our rehab pool features fully adjustable resistance jets that allow you to perform activities at different resistance and massage levels, increasing mobility in your joints and allowing you to work at your comfort level. Pain is greatly reduced with our massage hose system.

Arthritis and Fibromyalgia

Relaxation is one of the most important aspects of controlling arthritis and fibromyalgia pain. Therapeutic warm water provides sensory stimulation, which encourages relaxation and stress relief. Combining this warm water with our deep penetrating massage system can greatly reduce the stress and pain on aching muscles and joints.



Contact Us

Keitoria LaCount, OTR/L

(678)755-1473
Krlacount@gmail.com

Visit us on the web: WaterOTPT.com

HOLISTIC OCCUPATIONAL AND PHYSICAL THERAPY

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Services and Benefits



What We Do

- Aquatic Therapy
- Occupational Therapy
- Physical Therapy
- Aquatic Massage
- Aquatic Athletic Training

What is Aquatic Therapy?

The term “aquatic therapy” can refer to a wide range of activities, but it is essentially therapy conducted in water with the purpose of recovering from injury or improving conditioning. Aquatic therapy uses the resistance and buoyancy of water to provide a rehabilitation environment that allows patients to increase mobility and strength without joint stress; with less pain and without the fear of falling. When standing chest deep in water, the body is 80% weightless, bearing only 20% of its body weight, reducing the stress on joints and muscles.

Unique Features for Improved Patient Outcomes

- **Underwater treadmill and Resistance Jets:**

Underwater treadmill therapy is a key component of any aquatic exercise or rehabilitation regimen. Using an underwater treadmill promotes proper gait and encourages correct biomechanics while walking or running underwater. The underwater treadmill is also beneficial to athletes.

- **Aquatic Deep tissue massager:**

The pool has built in deep tissue massage capabilities with a hose attachment for the product's resistance jets. Localized deep tissue massage can relax muscles and stop lactic acid buildup, reducing soreness, and promote faster recovery.

SERVICE BENEFITS

Many patients, including the elderly, find aquatic therapy to be a preferred therapeutic option. The primary benefit of aquatic therapy is to increase physical ability without joint stress. Aquatic therapy is often recommended to patients with arthritis, fibromyalgia, lymphedema, orthopedic conditions (pre/post surgery), neuromuscular and neurological conditions. At Holistic Occupational and Physical Therapy, we provide aquatic therapy to reduce pain while improving strength, range of motion, flexibility, reduce risk of falls during ambulation, weight loss for overweight patients, increase circulation and strengthens the cardiovascular system of cardiac patients in an environment that puts minimal stress on the patient's body.

Holistic Occupational and Physical Therapy treats athletes with injuries or muscle strain. They can also benefit from our services by allowing training pre/post injury against high resistance water jets in a low impact environment, increasing their speed and agility. The non athletic person also benefits! We provide health prevention programs to improve aerobic performance and over all