

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. The terms aquatic therapy and water therapy are used interchangeably, whereas the term hydrotherapy is often used outside of the US and may also refer to any other general water-based therapy including spa and mineral water therapy.

Types of Aquatic Therapy

There are as many methods of aquatic therapy as there are conditions that require treatment. Many physical therapy facilities include exercise pools for therapists to integrate water therapy into recovery programs. These programs may utilize underwater treadmills, resistance therapy jets, resistance bands, variable water depths, floatation rings or simply therapist-directed movement



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Visit us on the web:

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

BENEFITS

The primary benefit of aquatic therapy is increasing physical ability without impact.. Aquatic therapy is often recommended to patients with arthritis, fibromyalgia, orthopedic pain and neuromuscular or neurological conditions in order to help reduce pain and increase strength. Many elderly individuals find aquatic therapy to be an excellent treatment for arthritis, as well as improving strength and flexibility without the risk of falling. Aquatic therapy is being used to help overweight patients lose weight without placing undue strain on their knees.

Unique Features for Improved Patient Outcomes

- **Underwater treadmills:** Underwater treadmill therapy is a key component of any aquatic exercise or rehabilitation regime. Using an underwater treadmill promotes proper gait and encourages correct biomechanics while walking or running underwater.
- **Deep tissue massage:** The pool has a built-in deep tissue massage capabilities with a hose attachment for the product's resistance jets. Deep tissue massage can relax muscles and stop lactic acid buildup, reducing soreness, and promoting faster recovery.

Orthopedic Joint Sprains, Surgeries, and Replacements

After any type of surgery, increasing mobility is a top priority. Stiffness and loss of range of motion and flexibility can quickly result from lack of use. The weightlessness of the water reduces stress on joints and muscles, which allows rehabilitation to begin much sooner than on land. Our rehab pools feature fully adjustable resistance jets 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.

ARTRITIS AND FIBROMIALGIA

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.

Walking on the underwater treadmill or exercising against the resistance jets can also help manage your pain. When standing chest deep in water, the body is 80% weightless, bearing only 20% of its body weight. This weightlessness significantly reduces the stress on joints and muscles