

Aquatic Therapy Fact Sheet

Why is Aquatic Therapy so Beneficial?

- The water allows you to exercise at 10-90% of your body weight, decreasing the stress on your injured joints and soft tissue. This will speed the rate of your recovery.
- The hydrostatic pressure of a water environment has the same effect as having 17 ACE wraps around your body! This effect helps decrease swelling and increase circulation which in turn accelerates healing.
- Additionally, the hydrostatic pressure of the water will assist in increasing blood flow to the heart which increases the volume of blood while decreasing the heart rate. In other words, your heart will be able to pump more blood without having to work as hard. This allows your heart and lungs to work more efficiently.
- Water also provides sensory stimulation which increases your body's awareness. As a result, the body is more relaxed, resulting in better rehabilitation.

How is Aquatic Therapy different at The Hetrick Center?

- Variable Speed Treadmill: Speed ranges from 0.1 to 8.5 mph allows for gait training and analysis.
- Variable, Powered Front Resistance Jets: Permits increased resistance when exercising along with passive ROM.
- Underwater Cameras and Viewing Monitor: Provides feedback to the patient and ensures patients are performing exercises properly and safely.
- Massage Jets: Provides specific, deep tissue therapy to increase blood flow and help release scar tissue.
- Variable Water Temperature: Water is warmed to 92-94 degrees for rehab patients and cooled or high performance training athletes.
- Removable Bars: Provide extra support to use for gait training and therapeutic exercise.

What conditions can benefit from Aquatic Therapy?

Arthritis Low Back Pain Lumbar Herniated Disc
Joint Replacements Knee and ankle injuries Pre/Post Surgery
Strokes Shoulder Conditions Fibromyalgia
Neurological Conditions: CP and MS & much more

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