



Aquatic Physical Therapy



Treatments are conducted in a shallow, warm water pool. No swimming experience is necessary.

GVPT is now offering Aquatic Physical Therapy at the Westside YMCA. Aquatic PT uses the properties of water to aid with any rehabilitation program. The water provides resistance for strengthening, support for instability and assistance with stretching and ROM.

Why choose aquatic PT?

- ✓ Low impact exercise reduces strain on inflamed joints.
- ✓ Warm water (86°) soothes aching muscles and joints.
- ✓ Improved circulation from hydrostatic water pressure.
- ✓ Decreased weight bearing by 75%, allowing for earlier return to functional exercise following injury or surgery.
- ✓ Beneficial to all physical therapy diagnoses including acute and chronic conditions.

All treatments are conducted by a licensed PT, in the pool with you, throughout your treatment session.

Please call the office for more information.

gvpt Genesee Valley
Physical Therapy
&
Sports Rehabilitation

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