



Benefits of Aquatic Physical Therapy

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Why exercise in water instead of a clinic?

Besides being relaxing and fun, the water provides a unique environment for exercise. Water provides a safe and gentle resistance. It is significantly denser than air; around 700 times denser! That density translates to more workload for your muscles as you move through the water. This density can be increased even further by adding equipment to increase your body's surface area. A trained aquatic physical therapist will be able to show you how to use different equipment to gain even more resistance from the water to maximize the effects of your work out.

Water also provides buoyancy to the human body. Buoyancy is the upward force of the water; the reason giant cruise ships can float! That buoyancy translates into less pressure on the joints in the body. This effect varies by the depth of the water you are standing in. If you are in waist depth water, there is 50% less pressure through the joints in the low back and lower extremities. This increases to 75% if you are up to your shoulders. Hanging in the deep end results in zero weight bearing on your joints and can even provide a gentle stretch. This is a wonderful benefit to anyone experiencing joint pain.

Who benefits from aquatic physical therapy?

Anyone experiencing significant pain, either acute or chronic in nature, would benefit from the buoyancy and gentle resistance of the water. It is an advantage for those having difficulty finding a comfortable routine in the gym. The water also provides a safe environment for those worried about falling or challenging their balance on dry land. Following surgery for many conditions, you can return to weight bearing and functional exercises weeks earlier in the water. Those extra weeks translate into earlier muscle strengthening and a quicker overall recovery.

How do I get started?

Consulting with a trained aquatic physical therapist will ensure that your routine is customized to your exact needs. Direct access laws mean you can call today to make an appointment with no referral or additional paperwork!

