

## Commonly Treated Symptoms

- Orthopedic conditions
- Joint replacements
- Arthritis
- Chronic pain syndromes
- Athletic injuries
- Developmental delays
- Multi-trauma
- Spine conditions
- Neurologic disorders
- Chronic pain syndromes



### Prescribe Aquatic Therapy for:

- Low back pain
- Joint pain from repeated daily activities
- Joint pain from sports
- Post-surgical debilitation
- Muscle weakness secondary to chronic or acute injury or illness
- Neurological and orthopedic injuries



## Aquatic Therapy



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# Achieve Wellness with Aquatic Therapy

Aquatic Therapy is a specialized form of Physical Therapy utilizing properties of water to include buoyancy, viscosity and hydrostatic pressure. Patients of all ages with a wide variety of issues can benefit from Aquatic Therapy.

Water is a great environment to achieve full function, regardless of injury. Patients do not need to be confident in the water or able to swim to be successful in Aquatic Therapy. Strength and function gains obtained in the aquatic setting translate to improvements on land.

## Benefits of SandhillsPT Aquatic Therapy Program

- Gravity-reduced environment when immersed, but with resistive medium
- Decreased fear of falling
- Decreased swelling
- Increased range of motion and flexibility
- Improved balance and coordination
- Greater ease of movement
- Decreased pain
- Decreased weight bearing
- Movements can be supported, assisted or resisted by buoyancy
- Resistance can be increased through movements and positioning
- Muscle relaxation

Our Aquatic Therapy program consists of supervised exercises and home exercise programs performed in the water.

Many supportive devices are available, including: chair lift, steps, pool wall edges for support and stabilization, and flotation devices utilized by hands or around the waist line.

Various body and hand positions correct or increase resistance. The reduction of gravitational forces in the pool allow the patient to stand and begin gait training and strengthening

exercises without causing further damage to healing structures. The water provides a safe and effective method for healing injuries, restoring patient confidence and increasing mobility with each exercise.

Improvement of patient morale and confidence can be established by providing a positive medium in which to function.

SandhillsPT Aquatic Therapy program is held at the North Platte Recreation Center.

