

Aquatic Physical Therapy

AQUATIC THERAPY CONSISTS OF WATER-BASED EXERCISES THAT ARE PERFORMED IN A HEATED INDOOR POOL. Performing the exercises in water reduces stress on joints, making it an effective treatment method for both chronic conditions and orthopedic injuries. It can also be beneficial for a variety of individuals with neuromuscular or musculoskeletal disorders.

Benefits of Aquatic Therapy

There are many benefits to performing exercises in the pool. The warmth of the water encourages muscle relaxation and increases blood flow to injured areas, allowing for enhanced healing. The buoyancy of the water can reduce the amount of stress on the body, resulting in less pain for the patient and making it easier to complete exercises.

Research has shown that aquatic therapy is a safe and effective way to regain strength, balance, range of motion, and improve weight-bearing tolerance.

Aquatic physical therapy can be coordinated with traditional physical therapy to achieve benefits from both forms of treatment.

Common conditions treated in the pool

- Acute or chronic pain
- Orthopedic conditions (knee, hip, ankle, shoulder injuries)
- Low back pain, including pregnancy-related back pain
- Lumbar fusions and laminectomies
- Neurological disorders
- Arthritis
- Impaired balance or gait difficulty
- Sports rehabilitation
- Fibromyalgia
- Parkinson's disease
- Postoperative rehabilitation
- Sciatica
- Fractures
- Osteoporosis



Call us today to find out more

Call us at (517) 337-3080 to schedule an appointment with our highly skilled aquatic therapy staff, or visit us online at compass.rehab to learn more.