

Using the advantage of the physical properties of water, Aquatic Therapy is designed to complement traditional rehabilitation services. **The Spires at Berry College** offers this service to all residents in addition to our land-based therapy services.

Many people with pain, loss of balance and limited movement find the aquatic environment to be the perfect place to exercise. A safer environment like water can boost self-confidence while assisting in healing and improving functional status. Therapists utilize different environments to create a comprehensive plan of care, which may include land exercises and functional activities in addition to aquatic therapy. We can help you decide if aquatic therapy is right for you. We offer this specialized treatment environment even for individuals who cannot swim. Our therapists work directly with the patient, getting in the water as necessary, to help you make the most of your recovery.

The Benefits of Aquatic Therapy

- Body weight is supported in water which facilitates exercise without the compression loading forces present with land-based programs.
- Reduces joint and soft-tissue swelling via the natural compression forces of water.
- Reduces the amount of stress placed on joints which allows exercise to be easier with less pain.
- Reduces the effects of gravity and compression due to water's natural buoyancy, minimizing tension and the fear of falling
- Increases blood flow due to hydrostatic pressure which promotes healing.
- Promotes muscle relaxation to allow greater range of motion.

Conditions Which May Benefit From Aquatic Therapy Include:

- Arthritis
- Fibromyalgia
- Neck, shoulder, back, knee and ankle injuries
- Chronic and severe pain
- Balance and walking problems
- Total knee/hip replacement
- Sports injuries
- Chronic spinal stenosis
- Post podiatry or orthopedic surgery
- Athletic injuries

Frequently Asked Questions

Do I Need a Physician's Order?

We do require a physician's order for participation. If you feel aquatic therapy may be of benefit to you, please contact your doctor to obtain a therapy order.

Is There Anyone Who Should Not Participate?

Some conditions may prevent a person from participating. These conditions include: fever, infection, severe heart failure, open wounds and incontinence.



Benefits of Aquatic Therapy

- You will feel lighter while in the water which makes movement and exercise easier. This is especially important if you have pain and difficulty with weight bearing activities such as walking.
- The pressure from the water on your body will have a soothing effect.
- Water is denser than air which will provide a natural resistance as you move.

Is Aquatic Therapy Delivered in a Group or One-on-One Setting?

Aquatic therapy can be delivered in either setting.

Does Aquatic Therapy Work?

A recent client communicated she needed help due to back pain. Her walking, posture and balance were becoming frightening to her. She had limitations in movement, felt unstable when walking, and was frightened by the changes in her body. She was concerned that without aquatic therapy, immobility might be in her future.

She participated in aquatic therapy twice a week for four weeks. She quickly noticed changes in her posture, walking stronger, enhanced confidence and balance. Her daily routine was no longer affected by her pain and she quickly started to participate in more community activities.

Kudos to aquatic therapy for making a difference in the quality of her life.

For more information or to schedule your first session, please contact:

Name Here,
Director of Rehabilitation

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Aquatic Therapy

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