

### What to Expect

- Patients typically participate in 2 30 minute sessions per week.
- Classes are typically held in groups of 4-5 people. However, patients with specific needs might require special, one-on-one therapy time.
- Therapy sessions are instructed by either a licensed physical therapist or physical therapy assistant.
- Each Aquatic session will include a warm up and cool down as well as a stretching, strengthening and endurance phase.
- Specialized equipment will be used during your therapy session. Some examples are: resistive paddles, weighted cuffs, belts, or dumb-bells. The therapist will instruct you in the safe and proper use of this equipment.
- Separate men's and women's changing rooms, complete with towels, lockers, and showers are available on site. There, you will be able to change into your swim clothes.



### What to Bring

- One-piece bathing suit or shorts and a T-shirt for those feeling a bit more modest.
- Water shoes to help with traction inside the pool and to protect feet and prevent falls. (Water shoes usually can be found for under \$10 at local stores such as Walmart)
- Bottled water and light snack for following therapy session.
- Emergency medications (ie: insulin for diabetics or seizure medication for epileptics).
- Padlock for securing personal items in the locker room.

### What Not to Bring

- Do not bring small children to your therapy session as there is nobody available to supervise them at poolside.
- Do not bring purse, phone, car keys or other valuables to the poolside. Please store them in a locked locker or leave them in your car. (ACPT is not responsible for any lost or stolen items).

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## AQUATIC REHABILITATION

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(LOCATED INSIDE)



**NON-MEMBERS WELCOME**

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# Active Chiropractic & Physical Therapy

## The properties of Aquatic Therapy are:

**BUOYANCY:** The special property of water that reduces gravitational forces on the body and makes one feel as if they are weightless. Buoyancy allows a person to move more easily in water by decreasing stress on muscles, bones and joints.

**HEAT:** Aquatic Therapy is performed in warm water ranging in temperatures between 80-82 degrees. The warm water relaxes muscles and allows for improved joint range of motion.

**HYDROSTATIC PRESSURE:** The pressure of water exerted on all surfaces of the body. It increases with both depth and density of the water. This property helps circulate blood and reduce swelling. It also helps to decrease joint pain and increase range of motion.

**WATER VISCOSITY:** The three dimensional property of water that provides resistance against a moving body part through water. It helps increase muscle strength, joint flexibility, and overall endurance.

## Aquatic Therapy is Safe:

Aquatic Therapy provides a safe alternative to exercise for those individuals who are at risk for falls, due to weakness, decreased balance, impaired gait etc.

## Indications for Aquatic Physical Therapy:

- É Acute / Chronic Pain
- É Limited Range of Motion
- É Decreased Strength
- É Post Surgical Conditions (Joint Replacement)
- É Weight Bearing Restrictions
- É Degenerative Diseases (Arthritis)
- É Severe Deconditioning
- É Balance Dysfunction
- É Limited Respiratory Capacity (COPD)

## Special Considerations:

- É Pregnancy
- É Obesity
- É Fibromyalgia
- É Repetitive Stress Disorders

## Contraindications for Aquatic Intervention:

- É Open Wounds/Contagious Rash
- É Bowel or Bladder Incontinence
- É Infectious Disease
- É Compromised Cardiovascular System
- É Limited Vital Capacity (Lungs)
- É Uncontrolled Epilepsy
- É Severe Renal Disease



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