



AQUATIC PHYSIOTHERAPY

The benefits of exercising in water are well known. Muscular strength, physical fitness, and range of movement can all be maintained and increased. Balance and coordination can be improved and pain decreased.

Aquatic Physiotherapy is more than just aqua aerobics. It is scientific practice of hands-on physiotherapy in a safe aquatic environment. The physiotherapist is with the patient in the water, mobilising joints, massaging muscles and monitoring movements.

Aquatic physiotherapists combine their expertise in movement and functional restoration with the therapeutic effects of exercise in water to help patients achieve their goals.



WHAT IS AQUATIC PHYSIOTHERAPY?

Aquatic physiotherapy treatment incorporates individual assessment, diagnosis and the use of clinical reasoning skills to formulate a treatment program appropriate for the patients needs.

By combining hands-on pool based physiotherapy treatment techniques and specifically designed exercises, supervised by physiotherapists with specific training in aquatic physiotherapy, treatment helps regain or enhance physical well being in a warm relaxing environment.

HOW DOES IT WORK?

A series of gentle therapeutic exercises (distinct from swimming or aqua aerobics) carried out in a heated pool (34C) allow greater comfort and range of movement as the water supports body weight.

Therapeutic exercises can be progressed safely using the resistance of the water to strengthen the muscles and improve stability.

The warmth increases circulation, reduces muscle spasm, and helps to relieve pain.



An aquatic program is often a stepping stone for patients to progress in their rehabilitation to land based exercise programs such as Clinical Pilates.

The rehabilitation program can also include appropriate exercises to maintain fitness, while recovering from sports injuries or orthopaedic surgery.

WHAT CONDITIONS CAN AQUATIC PHYSIOTHERAPY BENEFIT?

Some of the many conditions that can benefit from an individualised Aquatic Physiotherapy program include;

- Back pain / sciatica / lumbar stability
- Whiplash and other neck pain
- Sports injuries
- Tendinopathy
- Balance / coordination problems
- Shoulder and arm pain
- Osteoarthritis, Rheumatoid arthritis and Fibromyalgia
- Ankylosing spondylitis
- Parkinson's disease
- Stroke
- Cerebral palsy
- Back and pelvic pain during pregnancy
- Work and accident related injuries
- Rehabilitation after bone fractures, joint replacement or tendon repair.

Aquatic Physiotherapy has been shown to bring pain relief, combined with long lasting improvements in joint mobility and muscle strength.



What are some of the properties of water?

- Warmth
- Buoyancy
- Resistance
- Turbulence
- Hydrostatic pressure

What are the therapeutic benefits of exercise in warm water?

- Muscular relaxation and decreased muscle spasm
- Decreased pain due to warmth and support. Gravity is countered by buoyancy
- Increased muscle strength and endurance due to greater resistance in water
- Improvement in swelling, due to hydrostatic pressure
- Enhanced balance and stabilization
- Improved enjoyment and confidence to move better.

North East Physiotherapy assesses and designs personalised aquatic physiotherapy programs for suitable patients. Our physiotherapists then supervise, monitor and progress patients individually. Patients may progress to supervised group classes and ultimately to independent sessions.

