

Aquatic Therapy In Practice

PAEDIATRIC THERAPY

Cerebral Palsy

Diplegic cerebral palsy can be managed effectively with aquatic therapy. Therapy sessions can turn weakness to strength and help to create a more natural gait.

Physical steps forward are matched by big strides in confidence.

Selective Dorsal Rhizotomy (SDR) operations can be greatly aided by aquatic treadmill therapy. This type of therapy plays an important role both in pre-operative preparation and post-operative rehabilitation.

The goal for many children with cerebral palsy is to walk unaided. With the combination of SDR spinal surgery and HYDRO PHYSIO therapy, this goal is now achievable.



CHRONIC CONDITIONS

Arthritis And Fibromyalgia

Arthritis is the No.1 cause of disability

Arthritis and fibromyalgia cause debilitating pain in some patients. The gentleman in this picture could only walk 100 yards on land. To get a level of mobility into his life routine he uses HYDRO PHYSIO. The aquatic treadmill allows him pain free exercise and a great sense of satisfaction in his achievements.

The importance of a cardiovascular workout for arthritis and fibromyalgia patients is high. Immobility in patients creates further health issues. Aquatic therapy gives patients a method of cardio exercise, increasing confidence and improving the quality of life for those who live an immobile existence.

Stroke Rehabilitation

One of the largest causes of serious long term disability

Every two seconds someone in the world has a stroke for the first time. Lifestyle and blood pressure are contributing factors. Up to 80% of all strokes could be prevented. Physical inactivity and being overweight or obese are both areas where aquatic therapy can help those people who struggle with mobility. Studies have shown that regular exercise is as important to stroke prevention as medication.

72% of stroke patients have lower limb weakness. The goal of stroke rehabilitation is to help relearn skills such as mobility, co-ordination and balance. Water acts as cushioning, supporting weakened limbs and giving the patient confidence to relearn.



ORTHOPAEDICS

Post-Operative

Research shows that those who rehabilitate earlier achieve independence and strength faster than those who wait to partake in land based exercises. Aquatic therapy is ideal as patients can begin exercise almost immediately after certain operations.

Aquatic therapy is proven to have a significant impact in post-operative rehabilitation for the following operations:

- Pre and Post Knee Surgery
- ACL Knee Surgery
- Ankle Fusion Surgery
- Femur Replacement
- Fractured Foot
- Fractured Pelvis
- Hip Replacement
- Shoulder Surgery
- Spinal Surgery



OBESITY CRISIS

> 30% Of Adults Are Obese Or Overweight

The weight of a nation puts pressure on healthcare throughout the world. The links between weight and health have long since been established. The fact is, globally we are getting fatter.

As weight increases, patients find exercise harder. The strain of land based exercise on joints, ligaments and organs can cause additional health issues and problems.

HYDRO PHYSIO offer a solution to these problems with a calorific burn almost three times higher than the same land based exercise.



SPORTS CONDITIONING

Water Resistance For Core Muscle Strength

Strengthening and conditioning of the body for overall performance can be greatly enhanced by training in a HYDRO PHYSIO aquatic treadmill. Aquatic training provides both an impacting and challenging workout.

Water resistance and surface tension promote high intensity exercise. Treadmill incline features and additional resistance jets provide the option to further challenge the user. Tailored programmes can push training sessions further, with less risk of injury.



SPORTS REHABILITATION

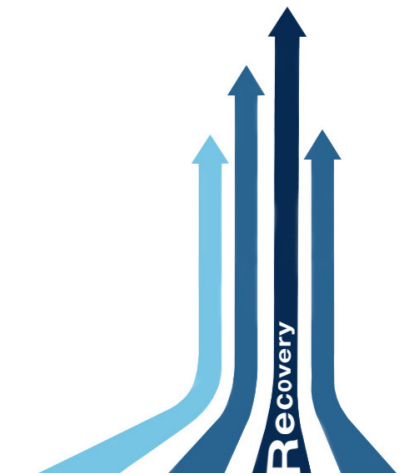
Accelerate Healing

Traditional rehabilitation after a sports injury can be slow. Form is lost while waiting to recover sufficiently in order to train again. With a hydrotherapy rehabilitation programme the body can begin to heal faster with less impacting strain on joints and ligaments. Pain management is effectively dealt with as warm water and buoyancy provides an ideal environment to work affected areas.

This type of therapy helps injuries such as:

- Achilles tendon conditions
- Sprains
- Fractured bones
- ACL tears and repairs

The natural properties of water help athletes speed up recovery, minimising the loss of range of movement, whilst increasing circulation and decreasing inflammation (oedema).



SENIOR LIVING

Quality Of Life

As we age the body loses muscle mass and strength. Keeping the core strong and posture aligned can greatly reduce the effects of an aging body.

Land based exercise can be challenging if a person has a pre-existing condition such as arthritis. Hydrotherapy in temperature controlled water is the perfect way to cushion joints, making exercising more comfortable.

Studies show that exercising in water can promote the following:

- Increased range of movement and flexibility
- Lower blood pressure
- An improved respiratory system
- Reduction in stress levels
- A greater feeling of wellbeing

