

Introducing: Physical Therapy Specialties Aquatic Program

The Aquatic program at Physical Therapy Specialties offers a diverse approach to rehabilitation, prevention and wellness. Our in-house warm water pool provides the benefits of warmth, buoyancy, varied depth and the gentle resistance and support of water to those suffering from acute or chronic diagnoses, those recovering from injury or illness, and those seeking an effective environment for exercise. One need not be a swimmer to enjoy the benefits of our program. We offer a safe secure environment for those who may be uneasy in water or are non-swimmers. Skilled therapists and staff provide individualized therapy sessions as well as group aquatic classes.

INDIVIDUALIZED SESSIONS target conditions such as:

- Arthritis
- Chronic Pain Disorders
- Painful Spinal Disorders
- Orthopedic Injuries (knee, shoulder, ankle, etc.)
- Neurologic Injuries

These sessions also provide general low level conditioning for restoring range of motion, increasing strength and endurance and increasing function. Manual techniques such as aquatic soft tissue treatment (Watsu/Jahara), Bad Ragaz, (proprioceptive neuromuscular facilitation adapted for aquatic treatment) are utilized by our therapists and skilled practitioners. These techniques have been found effective for improving tissue pliability, providing pain relief or control, and increasing motion, flexibility, strength and balance.

OPEN POOL time is available for independent exercise.

FITNESS TRAINING and **AQUATIC BODY WORK (ABW)** sessions are offered for individuals interested in private independent programs.

GROUP CLASSES available are:

Aqua Arthritis: For individuals with rheumatic conditions. Focus is on mobility, strength, stability, endurance and wellness. Helps restore function and active daily living abilities. Low intensity and low impact.

H₂O Endurance +: For individuals looking for more of an aquatic workout. Focus is on strengthening and endurance using resistive devices.

FUTURE PROGRAMS: Classes and individualized programs will be offered for the following:

Low Level Exercise:

Great for those limited by muscle or joint problems, those progressing from individualized therapy, and those wishing to ease into exercise. This class also targets special populations such as older adults, the overweight, diabetics, and clients with fibromyalgia or chronic pain.

Moderate

Intensity

Conditioning:

Emphasis is on full body conditioning and aerobic exercise, muscle toning/strengthening. Aquatic exercise equipment used for stretching, resistance and buoyancy.

Prenatal &

Postpartum

Aquatics:

Addresses the special requirements of pregnant women, offering exercise in a buoyant environment.

Post CVA

Aquatics:

Lower intensity exercise to encourage increased strength, tone normalization, conditioning and endurance.

Aquatic

Cardiac Rehab:

Targets cardiac patients in recovery. Light to moderate level.

Pediatric

Aquatics:

Geared for children with special needs. Focuses on strength, tone normalization, endurance, range of motion, and gross motor skills with a playful, creative approach.

SPECIFICS:

Physical Therapy Specialties offers aquatic therapy, rehabilitation and exercise in the following:

- Pool Size: 12' X 28'
- Pool Temperature: ~ 90 - 92 degrees
- Pool Depth: 3.5 - 5.5 feet
- Pool is handicap accessible with hydraulic lift
- Jet system can create current for swimming or resistive exercise

- Dressing rooms are available

- An aquatic orientation is required for all participants

- Aquatic participation payments can be made by cash, check or credit card. Some insurances will pay for aquatic therapy. (Inquire at the front desk.) Physician's referral is necessary for insurance billing.

- Information is available at the front desk for ordering swimwear and pool shoes.