

# MCLAREN FLINT

## Aquatic Physical Therapy



### **What is Aquatic Therapy?**

Aquatic therapy is physical therapy that is performed in a special pool. The exercises are similar to what is done on land, but water is used for resistance instead of weights. The buoyancy of water allows the patient to exercise with less stress on the joints and less pain. Aquatic therapy is a low impact workout that is both fun and effective. The warmth of the water (90-92°) helps to relax muscles. Aquatic therapy helps the patient begin strengthening in the pool and progress to land exercises when tolerated. There is also a computerized treadmill in the pool to assist with gait training, strengthening and endurance.



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### **Do I need to Know How to Swim to be Eligible for Aquatic Therapy?**

Swimming is not a requirement for this type of therapy. The pool depth is 4 feet 6 inches. The pool can be accessed by stairs or a hydraulic lift chair for anyone unable to use the stairs. Assistance can be provided in and out of the pool as needed.

### **What are the Benefits of Aquatic Therapy?**

Aquatic therapy allows for improved joint flexibility, improved strength, decreased swelling and decreased pain. The therapeutic benefits of water and a skilled physical therapist improve function and mobility. Exercises are customized to individual needs. Aquatic therapy can benefit those persons with:

- Range of motion limitations in trunk and extremities
- Edema, particularly lower extremity edema
- Muscle weakness
- Chronic pain
- Altered gait mechanics
- Soft tissue limitations
- Decreased positional sense
- Impaired balance
- Deconditioning/low endurance
- Breathing problems

### **Where is Aquatic Therapy Available?**

McLaren Physical Therapy  
and Sports Medicine-Flushing  
2500 N. Elms Rd., Ste. A, Flushing, MI 48433  
For questions or appointments, please call  
810-342-5550

*\*Please note: A prescription from a physician is required to begin physical therapy.*



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