

Who is it for?

Water is great for people with :

Arthritis

Fibromyalgia

Chronic Pain

Back Rehabilitation

Parkinson's

Neurological issues

Injuries

Tactile difficulties

Multiple Sclerosis

Obesity

Osteoporosis

Other Chronic Illnesses

Water is a very forgiving environment.



**In water we can
rehabilitate, maintain, and
improve our bodies...**



We teach relaxation and swimming techniques to ensure comfort and safety in the water. Hydrostatic pressure and natural flowing of water massages the body and prepares it for work.

Stabilization, balance and mobility techniques are used to stretch and strengthen the body. Cardiovascular training is also a benefit of working in the water. Athletic individuals can take water to the next level of athletic cross-training.

Water is suitable for many individuals, young to senior, immobile to mobile, and rehabilitative to athletic. For even more information on aquatics, look into the organizations listed below.

1. American Red Cross Aquatic Program.
2. Arthritis Foundation Aquatic Program.
3. Aquatic Therapy and Rehabilitation Institute.
4. Igor Burdenko, Water and Sports Therapy Institute.



Water has long been utilized to facilitate orthopedic rehabilitation with the intent to return the client to normal functional status as expediently as possible.

There are more uses than just orthopedics, and in general, water provides:

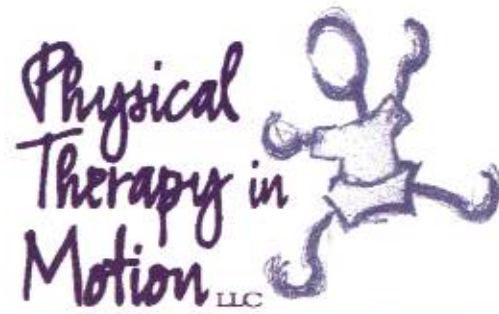
1. Early intervention of injuries
2. Ease of motion
3. Decreased pain with range of motion
4. Multi-planar strengthening techniques
5. Early introduction of gait training
6. Maintenance of cardiovascular fitness
7. Early intervention for sports-specific training

From one on one treatments to group work, the water provides a great environment for exercise.

Children play in water...
Adults can to...



We think about exercise as adults, and most of us do not think of play. Children mindlessly play and exercise in the water. We need to go back to childhood when exercise was play. Water creates a playful and therapeutic environment. Many movements natural and specific to water can help us improve our activities of daily living. Aquatic treatment session priorities are to keep it safe, keep it fun, and to keep it therapeutic.



Adult & Pediatric Therapy Services

Call our office today to
schedule.

406-651-9099



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Aquatic Therapy

Water is a
healing
medium for all ages
and
abilities.



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