



enhance
REHAB SERVICES

physiotherapy & aquatherapy



Aquatic Therapy

WHAT'S IN IT FOR YOU?

A photograph of a woman and a therapist in a swimming pool. The therapist, on the left, is wearing a white Nike cap, sunglasses, and a black wetsuit with a logo. The woman, on the right, is wearing sunglasses and a blue tank top. They are both holding blue resistance bands in the water. The background shows a stone wall and a waterfall.

Aquatic Therapy

WHAT IS IT AND WHY IS IT BENEFICIAL?

Aquatic therapy is the evidence- based and skilled practice of physical therapy in an aquatic environment. Water's Unique properties enhance interventions for clients of all ages, and with varied impairments.

Aquatic therapy reduces joint stress and provides muscle resistance and ease of movement through a relatively low-or no-impact environment. This will allow you to rapidly improve your mobility, strength and function during the healing process.

OTHER BENEFITS INCLUDE:

- ✓ Decreased swelling
- ✓ Trunk (lower back and abdomen) stabilization
- ✓ Improved gait and posture
- ✓ Increased circulation
- ✓ Increased endurance and muscle tone
- ✓ Increased range of motion and flexibility
- ✓ Increased balance and coordination

WHAT ARE SOME CONDITIONS THAT CAN BE TREATED WITH AQUATIC THERAPY AT ENHANCE REHAB SERVICES?

- ✓ Musculoskeletal injuries (shoulder injuries/ankle injuries/ muscle sprains)
- ✓ Lower back pain/ bulging Disc/ stenosis
- ✓ Total joint replacement / post surgical rehabilitation
- ✓ Work related injuries
- ✓ Generalised muscle weakness

HOW DOES THE PROGRAM WORK?

An in-pool session may include:

- ✓ Range of motion exercises
- ✓ Strengthening, endurance & conditioning exercises
- ✓ Gait training activities

These activities are carried out with inclusion of weights, flotation devices and specialised aquatic therapy products for resistance and support

At Enhance Rehab services, we tailor each session to meet your unique needs- the length and frequency of the sessions will depend on your capabilities.

Additional land exercises and hands-on therapy may be incorporated into your treatment plan to achieve the best outcome

HOW CAN I GET STARTED?

A physician's referral is required to participate in aquatic physical therapy, so talk to your doctor about what options you should consider. You can call Enhance Rehab Services at 493-4440 for more information.





Contact Us



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