



THE **healing power** OF WATER



FREEDOM

Relief from pain and stress for increased range of motion



STRENGTH

Natural resistance helps muscles grow stronger



BALANCE

Reduced fear of falling thanks to water's gentle support

90%

Bouyancy: Water's Magic

Water can support up to 90% of the body's weight when submerged to the neck. Hydrostatic pressure – the weight of water on the body – reduces swelling, acting like a compression device to foster increased movement.

Aquatic Therapy Improves Outcomes

- Increases Strength
- Eases Soreness
- Improves Flexibility
- Broadens Range of Motion
- Stimulates blood supply to muscles
- Feels Good for Psychosocial Benefit
- Slow movement encourages muscle reeducation
- Increases Circulation
- Promotes Healing



OUTPATIENT THERAPY TREATMENT LOCATIONS



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TO MAKE A REFERRAL



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