

# AQUATIC PHYSICAL THERAPY PROGRAM



*Water provides natural resistance that helps strengthen muscles and improve movement while reducing stress on joints. Aquatic therapy allows patients to exercise comfortably in warm water while improving mobility, endurance, and function.*

## Common Conditions Treated:

- ✓ Orthopedic Injuries (Shoulder, Hip, knee, ankle)
- ✓ Back and neck pain
- ✓ Balance and endurance training
- ✓ Neurological Conditions (Parkinson's, Stroke, TBI)
- ✓ Fibromyalgia and chronic pain conditions
- ✓ Arthritis

## Surgery Preparation and Recovery

Improving strength and mobility before or after surgery can help enhance recovery and restore function. Aquatic therapy may assist individuals recovering from joint replacement, spine surgery, abdominal surgery, or general postoperative deconditioning.

**CONTACT US**



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