

POOLTHERAPY AQUATIC REHABILITATION

Compliments of:



There are two properties of water that are used most frequently in the rehabilitation process, **buoyancy and resistance**.

Buoyancy is useful for relaxation and traction of the spine.

The second is using the **resistance of the water to exercise**. No matter what direction you move the resistance of the water will be against you.

Both buoyancy and resistance are adjustable in the water. We can adjust the amount of buoyancy or floating you do with belts, floating dumbbells and noodles. We can adjust the resistance the water places on your movement with kick boards, gloves or paddles.

The wider and the more buoyant a device is the more resistance it will provide during movement in the water. **Balance** can also be assisted or challenged in the water. The natural properties of resistance can be exaggerated in the water with an external force.

The water can be used as an appropriate exercise medium for a variety of **Orthopedic and Neurological** disorders. Research shows that those who participate in rehabilitation programs with an aquatic component prior to surgery accelerate the rehabilitation process significantly. The water is also an ideal environment to begin an exercise program, and to rehabilitate injuries for those that suffer from osteoporosis, osteo-arthritis, rheumatoid arthritis and degenerative spine disorders.

The pool is a great way to get fit and to rehabilitate injuries. Using the mesh of science with exercise is always better than submerging into a program without them. With the appropriate amount of supervision and instruction you can maximize the benefits of the pool and decrease the risk of injury.

Carolina Sportscare and Physical Therapy utilizes the pool at the YMCA in Port Royal to provide care for those in need of pool-based rehabilitation. Kevin Green, PTA, MLDT, ARS is the only certified Aquatic Rehabilitation Specialist in the Low Country. If you are interested in more information regarding pool therapy please contact Carolina Sportscare and Physical Therapy at (843) 521-1970 or ask your physician for a referral for pool therapy.

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