



MONTHLY NEWSLETTER

May

2004

Using the Pool as an Exercise Medium

In 460 BC Hippocrates, a Greek philosopher and the father of fitness wrote of utilizing the properties of water to enhance the relationship between mind and body. That's right long before Jack Cunningham local triathlete was pulling row boats across the English Channel Hippocrates was developing exercise plans. His theory was simple exercise should be done in a controlled manner through the full arc of motion aloud by the body and with an appropriate amount of resistance as to challenge the body but not hurt it. I would imagine it's pretty difficult to do squats in a tunic.

Today 2500 years later we are using the properties inherent to water to accelerate the rehabilitation process. There are 2

properties of water that we use most frequently in the rehab process, buoyancy and resistance. Buoyancy is easy and the most comfortable. Floating in the water is useful for relaxation and traction in the spine. The draw back of using bouncy is for those that have such a fear for of the water that they are unable to relax. The second is using the resistance of the water to exercise. No matter what direction you move in the water you will have the resistance of the water against you. The draw back of using the resistance of the water is that it allows you to work through a greater range of motion than you would be able to on land. This can cause a greater amount of after exercise soreness.

Both bouncy and resistance are adjustable in the water. We can adjust the amount you float and by using different pieces of equipment we can adjust the amount of resistance the water puts on you. Balance can be challenged or assisted in the water with bouncy devices or with a technique that Brad Keysling P.T. at Carolina SportsCare uses called perturbation. This is the act of using the turbulence of the water to challenge balance. This challenge can be done from the jets and natural movement of the water or manually pushing the water with a kick board or another device.

The water can be used as an appropriate exercise medium for a variety of Orthopedic and Neurological problems. Research shows that those who participate in a rehab program that includes aquatic rehabilitation there recovery time after surgery is markedly faster than those who do not. This makes it an ideal rehabilitation tool for folks who suffer from osteo-arthritis rheumatoid arthritis and degenerative spine disorders

There are some precautions and contraindications reasons not to use the water. Hepatitis, open sores, fever, diarrhea, contagious skin rashes and incontinence are all reasons to not use the water. Some precautions for using the water as exercise would asthma, cardiac conditions, and excessive fear of the water these are conditions you would consult your doctor amount before beginning a pool based rehab program.

The pool is a great way to get fit ad to rehab injuries. Using the mesh of science with exercise is always a better combination than submerging into a program without them. With the appropriate amount of supervision and the right program the benefits of the water can be maximized.

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 P.T.A. 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 Physical Therapy (843)521-1970 or ask you physician for referral for pool therapy.

