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## From Head to Toe in H<sub>2</sub>O Benefits of Water (Aquatic) Therapy

Features of Water (Aquatic) Therapy	Benefits
<b>Water Buoyancy</b>	<ul style="list-style-type: none"> <li>• Increases joint and muscle mobility</li> <li>• Decreases compression of joints and tissues because of the stability and suspension that water provides</li> </ul>
<b>Water Turbulence</b>	<ul style="list-style-type: none"> <li>• Increases the blood flow due to massage effect</li> <li>• Forces the individual to increase central stabilization enhancing postural control</li> </ul>
<b>Water Resistance</b>	<ul style="list-style-type: none"> <li>• Provides support and assists and resists movements</li> <li>• Provides gradual progression used to increase intensity</li> <li>• Enables agonist/antagonist muscles (i.e. biceps/triceps) to be worked simultaneously because water provides resistance in all directions of movement</li> </ul>
<b>Hydrostatic Pressure</b>	<ul style="list-style-type: none"> <li>• Supports body posture and positioning through immersion in the water</li> <li>• Increases circulation through exercise and pressure</li> </ul>
<b>Overall Benefits</b>	<ul style="list-style-type: none"> <li>• Decreases pain sensations</li> <li>• Decreases the risk of injury</li> <li>• Increases confidence because more can be done in water than on land</li> <li>• Provides comfortable medium to perform exercises early after an injury</li> <li>• Promotes muscle relaxation</li> <li>• Helps improve sleep and increase energy level</li> </ul>

*If you would like additional information about Water (Aquatic) Therapy,  
please give us a call at 1(800) 363-8900.*