

Aquatic Therapy

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Water... everybody drinks it and everybody needs it for survival. However, it can benefit people in other ways as well. Imagine being able to relax in water and allow yourself to become weightless. Imagine being able to drown many of your pains and allowing water to help you function again.

Because of the water's buoyancy, it provides less weight bearing forces on muscles and joints and it allows you to move with greater ease. This provides for a low impact environment for people experiencing physical difficulty such as being overweight, pregnant, suffering from arthritis, having back/knee/shoulder pain or those recovering from recent surgery.

Some of the therapeutic effects of aquatic therapy include a decrease in joint stiffness, relief of pain and muscle spasms, increased localized blood flow, increased flexibility and strength, and the reduction of swelling and inflammation.

So if you are experiencing any limited range of motion, muscle guarding, having severe pain or spasms, or if you have chronic pain, post surgical conditions or any orthopedic injuries, contact your physician to get a referral and to be directed to the benefits of a pool. You can also contact our physical therapy offices for assistance: Isanti 763-444-8680, St. Francis 763-753-8804, Andover 763-433-8108 or Ham Lake 763-413-0880.