

GEISINGER HEALTHSOUTH REHABILITATION

2 Rehab Lane • Danville, PA 17821

(800) 232-8260 www.geisingerhealthsouth.com

“...A Higher Level of Care”

FACT SHEET

Specialized Aquatic Therapy

HydroWorx® Therapeutic Pool may help patients achieve optimum health and performance.

Patients who have had difficulty with traditional therapy often show improvement with treatment in a warm-water pool featuring and underwater treadmill and resistance jets.

Aquatic therapy combines the physical properties of water and the ultimate modality of exercise. The physical and psychological effects of exercising in water translate into a positive therapeutic outcome for the patient.

- Water is an ideal medium using the principle of buoyancy to make exercise easier and less painful, because the forces on weight-bearing joints are reduced.
- The warmth of the water (92 to 94 degrees) helps reduce pain by relaxing tight or spasmed muscles and increasing blood flow.
- The water resistance and special jets help patients strengthen muscles and improve cardiovascular performance.

Whether for rehabilitation from injury or illness, sports performance enhancement, or optimal recovery from joint surgery, Aquatic Therapy can help patients achieve their health goals. **Our goal of Aquatic Therapy is to transition clients quickly from hydrotherapy to a land rehabilitation program within 3 to 12 visits.**

The Aquatic Difference

Who Can Benefit?

Hydrotherapy is ideal for:

- Arthritis management/joint pain
- Athletic/Cardiovascular training
- Gait analysis
- Musculoskeletal disorders
- Chronic back pain and lumbar stabilization
- Foot, ankle or knee pain
- Short-term therapy with transition to land-based rehabilitation

Overall Benefits

- Resistance for ROM exercises
- Increased healing and strengthening of injured tissue
- Improved cardiovascular stamina
- Increased flexibility
- Interval training
- Improved circulation
- Assisted and resistive exercises
- Promotes early ROM
- Increases resistance for stretching and therapeutic exercises

Geisinger HealthSouth offers a comprehensive Aquatic Therapy Program supervised by aquatic specialists and licensed physical therapy staff. For more information, or to make a referral, please contact us at:

Geisinger HealthSouth Woodbine Lane Clinic: Phone: 570-271-6704 Fax: 570-271-6715