

HealthSouth Lakeshore Aquatic Therapy



HealthSouth Lakeshore Rehabilitation Hospital is proud to offer aquatic therapy, a method where patients perform therapeutic exercises in water. Since water is 600 to 800 times more supportive than air, individuals with weak muscles are able to move more freely in the water than on land. Water is also less stressful on the joints, as it decreases up to 90 percent of body weight, depending on water depth. Once muscles improve, people can resist the movement of water to increase strength. As an added advantage, aquatic therapy requires no swimming skills. So, swimmers and non-swimmers can gain the outstanding benefits that water exercise offers.

Aquatic therapy benefits patients with the following conditions:

- Arthritis
- Back pain/spine problems
- Fibromyalgia
- Gait/balance dysfunction
- General debility/weakness
- Joint replacements
- Lymphedema
- Orthopedic injuries
- Parkinson's
- Spinal cord injuries
- Strokes

Aquatic therapy can help increase:

- Balance and coordination
- Blood flow
- Circulation
- Endurance
- Flexibility
- Muscle strength/tone
- Range of motion

Aquatic therapy benefits

- One-on-one therapy sessions
- Licensed therapist
- Greater range of motion without hurting joints or re-injuring themselves

- Swelling from injury is kept to a minimum due to water pressure
- Workout helps blood move faster through injured area promoting expedited healing
- Decreased weight-bearing pain
- Decreased difficulty for overweight patients
- Program can be continued in a community-based pool program
- Improved mobility on land
- Patient-specific goals for greater outcomes

Lakeshore therapeutic pool environment

- Water temperature – 90 degrees
- Pool size – 90' x 30'
- Pool depth – 2' – 8.5' deep
- Wheelchair accessible

For more information or to make a referral, please call 205 868-2098.

A Higher Level of Care

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