


SCHOOLCRAFT
**REHABILITATION &
AQUATIC THERAPY CENTER**

7870W US Highway 2
Manistique, MI 49854

(906) 341-3254

M-F: 7:00AM - 5:00PM
Sat-Sun: Closed

SCMH.ORG



Aquatic Therapy differs from land therapy due to the specific properties of water. These unique properties decrease joint compression forces, may reduce inflammation and provide feedback for improving posture.

For those patients who may have difficulty exercising on land, aquatic therapy provides a comfortable and therapeutic medium in which to gain strength and endurance.

Aquatic Rehab provides opportunities for movement the patient may otherwise be unable to perform. It allows for efficient training of multiple systems during a single session.



AQUATIC THERAPY

Buoyancy allows the patient to exert less effort to move, a crucial factor when intensity of pain limits movement.

- Buoyancy decreases compressive loads on the body.
- Decreased compressive loads plus the water's warmth reduces pain.
- Movement is easier in the water, allowing more active participation in the rehabilitative exercise program.
- The water's viscosity provides resistance relative to speed of movement.

The resistance of the water during therapy provides a safe environment for addressing balance, strength, and postural deficits.

For patients experiencing edema, hydrostatic pressure acts to promote uptake of fluid and redirect blood flow to improve efficiency in the cardiorespiratory system.



Performing physical therapy in the water can be beneficial for a variety of individuals with neuromuscular or musculoskeletal disorders.

WHO IS AQUATIC THERAPY FOR?

Individuals with:

- Obesity
- Difficulty Bearing Weight
- Fibromyalgia
- Balance Issues
- Joint Replacements
- Muscle Atrophy
- Strains or Sprains
- Rotator Cuff Tears/Repairs
- Frozen Shoulder
- Ataxia/Parkinson's Disease
- Back Injuries/Pain
- Myelopathies
- Arthritis
- Tendonitis
- Multiple Sclerosis
- Poliomyelitis
- Peripheral Neuropathy
- Hemiplegia
- Post-Arthroscopic Surgery
- Chronic Pain



A physician's prescription for physical therapy is required and should specify aquatic therapy. Prior to participation in the aquatic therapy program you will be scheduled for a thorough physical therapy evaluation on land. Your goals and concerns will be incorporated into the treatment plan.

Positive Outcomes:

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation
- Improving circulation

