

# Aquatic Therapy Program

## What is Aquatic Therapy?

It is a specialized form of physical or occupational therapy performed in a warm water pool.

## Who can benefit from Aquatic Therapy?

Individuals, both inpatients and outpatients with orthopedic injuries, arthritis, fractures, joint replacements, chronic pain, osteoporosis, spinal cord injuries, stroke, cerebral palsy, traumatic brain injuries and other neurological and physical conditions



## Pool Description

The 25 x 60 foot pool, heated to 90-94 degrees, offers a flat floor divided into depths ranging from two and a half feet to five feet, enabling individuals of varying heights to exercise comfortably.



It has two pool lifts that attach directly to specially designed chairs and stretchers, providing access to individuals of all abilities. Ambulatory participants may access the pool from stairways fitted with handrails. A lifeguard is always on duty.

## Do I need to know how to swim to participate?

No, the ability to swim is not necessary.

## How Can I Get Started?

If you are already being seen for therapy at Helen Hayes Hospital, talk to your therapist about a referral. Or ask your physician for a prescription which can be faxed to 845-786-4031.

If you have additional questions or to find out if aquatic therapy is appropriate for you, call Outpatient Scheduling at 845-786-4194.

## What are the benefits of Aquatic Therapy?

Therapy in the pool typically enables participants to control body movements in ways that are not possible "on land."

- The buoyancy of the water decreases the effects of gravity and allows easier, safer and less painful movements.
- The therapeutic temperature of 90-94 degrees relaxes sore or tight muscles.
- The pressure exerted by the water assists with upright support to improve balance.
- Aquatic Therapy promotes deep breathing, cardiovascular and muscular endurance.
- The water adds resistance in all directions, enabling patients to work at various intensity levels to strengthen weak muscles.
- Warm water immersion increases circulation, flexibility & balance & promotes healing & relaxation.

## Will my medical insurance cover Aquatic Therapy?

Most commercial insurances, as well as Medicare and Medicaid cover physical or occupational aquatic therapy.

## Other Adapted Aquatic Exercise Programs:

**Independent Exercise Program:** Appropriate for individuals who no longer need to be supervised by a therapist.

**Adapted Fitness Aquatic Program:** This class focuses on maintaining and improving joint range of motion.

**AiChi:** This class uses deep breathing with slow, gentle movements to improve balance, flexibility, posture, and relaxation.

**Back Class:** This program provides a series of back and core strengthening exercises designed to help individuals who suffer from chronic back pain.

**Floating Meditation:** Relax and float in the water with support from noodles and floatation equipment while listening to a guided meditation led by our recreational therapist

**This is NOT a swimming pool for laps. There is a monthly fee for community pool access.**

For more information about Adapted Aquatic Exercise programs, contact Alyssa Chagares, CTRS at 845-786-4457