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## Aquatic Therapy Pools - When To Use Hydrotherapy

*Hydrotherapy is a method that employs water to maintain health and fitness. It is used for rehabilitation, recovery, training and conditioning.*

Fall River, MA ([BizHWY](#)) April 17, 2018 - WHEN TO USE HYDROTHERAPY

Hydrotherapy, or water(aquatic) therapy is a form of physical therapy. It is widely used by medical professionals for a variety of conditions. It is also quite beneficial for athletes, both for conditioning and also for recovery.

Below are the 4 most prevalent uses for Aquatic Therapy:

1. TRAIN AND CONDITION ATHLETES
2. TREAT COMMON HEALTH CONDITIONS:

Arthritis - both osteoarthritis and rheumatoid arthritis.

Back Pain and Musculoskeletal conditions - such rotator cuff repair, ankle sprains, etc.

Following surgery for conditions such as hip replacements, knee replacements, ACL reconstruction

Fibromyalgia

Neurological conditions such as Muscular Dystrophy, Cerebral Palsy, Multiple Sclerosis, Parkinson's

Following strokes or head injuries

Obesity

3. POST-SURGERY OR FOLLOWING AN INJURY
4. VETERINARY REHABILITATION

### HYDROTHERAPY EXERCISES

From simply floating in warm water for relaxation to intense exercise sessions, hydrotherapy protocols will depend on the required treatment protocol or individual exercise regimen for each desired outcome. In most instances, any land exercise can be modified for the water. As an added benefit, when exercises are performed in hydrotherapy pools with a programmable water current, sessions can progress in intensity and outcomes can be accurately monitored and measured. Hydrotherapy pools can help athletes train and condition - even during recovery. They can help manage common health conditions.

Swimex has created a video library for:

Training and Conditioning

Hydrotherapy For Health Conditions

Hydrotherapy Exercise Videos

Rehab Videos

View Aquatic Therapy videos at:

<https://www.swimex.com/swim-spa-hydrotherapy-blogs/swimex-lifestylepool-exercises/>

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**Web Site:** <http://www.swimex.com>

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