



**enhance**  
REHAB SERVICES

physiotherapy & aquatherapy



# Aquatic Therapy

WHAT'S IN IT FOR YOU?

A physical therapist, wearing a white cap and a dark blue long-sleeved shirt with a logo, is assisting an elderly woman in a swimming pool. They are using blue resistance bands for aquatic therapy. The woman is wearing a blue tank top and sunglasses. The background shows a pool with a stone waterfall feature.

# Aquatic Therapy

## WHAT IS IT AND WHY IS IT BENEFICIAL?

Aquatic therapy is the evidence-based and skilled practice of physical therapy in an aquatic environment. Water's unique properties enhance interventions for clients of all ages, and with varied impairments.

Aquatic therapy reduces joint stress and provides muscle resistance and ease of movement through a relatively low-or no-impact environment. This will allow you to rapidly improve your mobility, strength and function during the healing process.

## OTHER BENEFITS INCLUDE:

- ✓ Decreased swelling
- ✓ Trunk (lower back and abdomen) stabilization
- ✓ Improved gait and posture
- ✓ Increased circulation
- ✓ Increased endurance and muscle tone
- ✓ Increased range of motion and flexibility
- ✓ Increased balance and coordination

## WHAT ARE SOME CONDITIONS THAT CAN BE TREATED WITH AQUATIC THERAPY AT ENHANCE REHAB SERVICES?

- ✓ Musculoskeletal injuries (shoulder injuries/ankle injuries/ muscle sprains)
- ✓ Lower back pain/ bulging Disc/ stenosis
- ✓ Total joint replacement / post surgical rehabilitation
- ✓ Work related injuries
- ✓ Generalised muscle weakness

## HOW DOES THE PROGRAM WORK?

An in-pool session may include:

- ✓ Range of motion exercises
- ✓ Strengthening, endurance & conditioning exercises
- ✓ Gait training activities

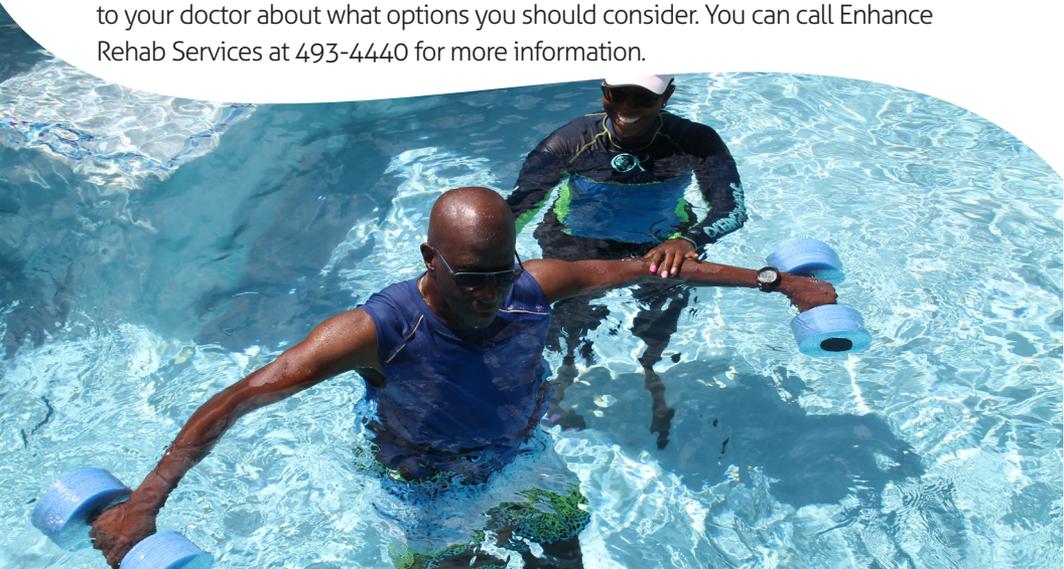
These activities are carried out with inclusion of weights, flotation devices and specialised aquatic therapy products for resistance and support

At Enhance Rehab services, we tailor each session to meet your unique needs- the length and frequency of the sessions will depend on your capabilities.

Additional land exercises and hands-on therapy may be incorporated into your treatment plan to achieve the best outcome

## HOW CAN I GET STARTED?

A physician's referral is required to participate in aquatic physical therapy, so talk to your doctor about what options you should consider. You can call Enhance Rehab Services at 493-4440 for more information.





# Contact Us



📍 22 Park View, Orange Grove Road,  
Trinity

📞 1. 868 . 493 . 4440

✉️ [wynelli@enhancerehabtt.com](mailto:wynelli@enhancerehabtt.com)

📺 @enhancerehabservicesTT

