



Hydrotherapy: How Can Exercising In Water Help?

BY: CRISTIANE B. CRUZ, R.KIN, MPK

**Swimming
Can Be A
Lot Of Fun!**





**And It Can Help You Achieve
Your Health Goals**

Benefits Of Hydrotherapy

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition.



Range Of Motion



Altered Resistance



Change In Pressure/Gravity



Balance Training

Benefits Of Hydrotherapy

Range Of Motion (ROM)

- Slow Movements Can Help Increase ROM
- Fast Movements Can Challenge ROM

Altered Resistance

- Buoyancy Effect Challenges Upright Position
- Multiple Muscle Groups Required To Maintain Upright Position

Change In Pressure/Gravity

- Gradual Off-Loading
- 15% Of Body Weight Felt At Collar Bone Depth
- Upward Forces

Balance Training

- Reduced Fear Of Falling
- Turbulence Can Safely Challenge Balance

4 Health Concerns That Can Benefit

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition.



Chronic Pain



Anxiety



Swelling/Edema



Cardiac Conditions

Health Concerns

Chronic Pain

- Sensory Overload
- Increase Pain Threshold
- Reduced Pressure On Joints

Anxiety

- Warm Waters Relax Muscles
- Reduced "Flight or Fight" System Activation

Swelling/Edema

- Due To Increase Pressure
- Extra Fluids Move Back To Core
- Increased Blood Flow To Arms/Legs

Cardiac Conditions

- Reduced Heart Rate
- More Effective Pumping
- Improved Stroke Volume

Precautions

- ▶ Perceived Effort Is Less Than Actual Effort
- ▶ Skin Irritations
 - ▶ Broken Skin, Recent Surgery
- ▶ Chemical Sensitivities
- ▶ Various Medical Devices
 - ▶ Oxygen Tubes, Catheters, Colostomy Bag
- ▶ Overstimulation Of Senses (Light, Sound...)
 - ▶ Epilepsy, Autism...

See An Exercise
Specialist For
Specific Advice

Just Being In Water
Will Cause
Physiological
Changes

Precautions

- ▶ Heat Sensitive Conditions
 - ▶ M.S., Thyroid Conditions...
- ▶ Increased Challenge To Breathing
 - ▶ 60% Increase At Chest Deep Waters
- ▶ Uncontrolled Medical Condition
 - ▶ Cardiac, Pulmonary, Stroke...

See An Exercise
Specialist For
Specific Advice

Just Being In Water
Will Cause
Physiological
Changes

Ways To Get Started

- ▶ To Increase Strength:
 - ▶ Increase Your Speed During Movements And Use Full Body Movements
- ▶ To Improve Balance:
 - ▶ Walk "Normally" With Large Turbulence
 - ▶ Single Leg Standing
- ▶ For pain Management/Anxiety:
 - ▶ Slow, Controlled Breathing With Gentle Movement
 - ▶ Neck Deep With Small Turbulence

Additional Resource:

- ▶ Canadian Aquatic Rehab Instructors
 - ▶ <https://www.aquaticrehab.ca/what-is-apt>



Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
 - ▶ 1 Hour One On One For Initial Session
- ▶ A Kinesiologist Can Help You Use Exercise For:
 - ▶ Chronic Diseases And Injuries
 - ▶ Arthritis
 - ▶ Low Back Pain
 - ▶ Tendonitis And Bursitis
 - ▶ Falls Prevention
 - ▶ Performance
 - ▶ Improving Health And Independence



Info@SimplyHS.ca