

Press Release
AQUATIC THERAPY
ST. FRANCIS HEALTH CARE CENTRE
Jean Smith, Administrator
419-639-2626
Green Springs, Ohio
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Aquatic Therapy at St. Francis Health Care Centre



(Gladys Kelly receives help from therapist Laura Taylor)

What is Aquatic Therapy?

Therapists use the water and specifically designed activities to enhance, restore, and maintain a person's functional abilities. Conditions benefited from Aquatic Therapy can be acute, transient, or chronic.

What are the Benefits of Aquatic Therapy?

After an illness, injury, or surgery, a patient's sensitivity to pain may be increased or the ability to bear weight might be limited. In water, the pull of gravity on the body is not as strong as on land, therefore motion and functional activity are more comfortable. Water supports the body, reduces joint stress, and provides resistance and assistance to movement. Patients can improve mobility, strength, and function rapidly during the healing process.

What does Aquatic Therapy offer that "land based" therapy does not offer?

Buoyancy-Provides assistance and support. It is used to decrease gravitational forces placed on weak limbs that are less able to bear weight. Buoyancy allows a person to move easily with less stress on muscles, joints, and bones.

Heat-Aquatic therapy is provided in a heated pool, the temperature at St. Francis is 94 degrees. This water temperature is unique to St. Francis. The warm water relaxes the muscles and allows for improved joint range of motion. The pool at St. Francis also has a moveable floor that allows the 40' x 30' pool to adjust from 0 to 7 feet deep.

Hydrostatic Pressure-The water surrounding the body helps circulate blood from the legs to the heart, often reducing swelling in the ankles and feet.

Resistance-This allows for improved balance and strength in all muscle directions. On land resistance is felt only in one direction.

Who can benefit from Aquatic Therapy?

Though aquatic therapy is not recommended for certain medical conditions, the vast majority of people can participate. Individuals with a variety of disabilities and orthopedic conditions benefit from aquatic therapy. Those with back injuries, knee and hip injuries, arthritis, strokes, Parkinson's Disease, work-related injuries, chronic pain disorders, Neurological Disorders, and Fibromyalgia are just a few of the individuals who benefit.

For more information call St. Francis Health Care Centre at 419-639-6251.

Also if you are interested in open pool use you may call 419-639-6202.