

# AQUATIC THERAPY



By offering both water and land-based programs, we can provide a full range of physical wellness services designed to help you improve mobility and strength through cardiovascular endurance and conditioning exercises. Our program consists of supervised exercises with one of our Physical Therapists.

**Athletes can participate in aquatic therapy following injuries to improve mobility in tight joint and muscles, improve strength and balance and return to walking and running early following surgical procedures. These facets can aid in an early return to sports participation.**

Participating in Aquatic Therapy can:

- **REDUCE COMPRESSIVE FORCES** on the spine, hips, and knees through buoyancy of the water to allow for pain-free movement in the water and increased overall mobility.
- **INCREASE STRENGTH** and endurance throughout upper and lower extremity muscle groups by performing standing exercises that require movement against viscosity and resistance of the water.
- **FACILITATE EARLY RETURN TO RUNNING** and walking for the sports medicine and athletic population following surgical procedures.
- **IMPROVE BALANCE** with exercises that use properties of the water to challenge dynamic strength and proprioceptive awareness to increase stability during land based activities.

**STRIVE**  
PHYSICAL THERAPY  
&  
SPORTS REHABILITATION

*Personal and Professional Care... That's the **STRIVE** Advantage.*

**856-914-1400**

**[strivephysicaltherapy.com](http://strivephysicaltherapy.com)**

For more information please call us or visit our website.