

# Enhancing Rehabilitation and Reducing Pain with Aquatic Therapy

Chain Bridge Estates is now offering HydroWorx aquatic therapy

We are proud to provide state-of-the-art aquatic therapy. Our HydroWorx 500 Series aquatic therapy pool has been designed to reduce pain, improve range of motion and enhance rehabilitation outcomes. The 7'6" wide by 14' long therapy pool includes an integrated underwater treadmill, directional resistance jets and multiple therapy work stations, now all available for you!



## More about the HydroWorx 500 Series pool's feature and benefits:



### Variable Speed Underwater Treadmill:

- The integrated underwater treadmill surface has a cushioned low-impact design.
- Treadmill speeds increase smoothly from 0 to 7.5 mph in safe 0.2 mph increments.
- Useful for all types of therapy such as gait training or sport specific activities.



### Resistance Jet:

- A resistance jet is essential for water therapy, rehabilitation, sports performance training or swimming.
- The jet has a wide range of water speeds and directional configurations to provide the proper amount of resistance for each patient's needs.
- Beneficial for helping progress patients through rehabilitation and improving balance and strength.



### Therapeutic Massage Hose (attached to the resistance jet):

- The attachable underwater massage hose can be utilized for scar tissue manipulation, pain management and deep tissue massage.
- Using the massage hose can increase flexibility, improve circulation and promote muscle relaxation.



### Underwater Cameras & Monitoring System:

- Our pool's cameras and viewing monitor enhance diagnostic capacity by allowing patients and physical therapists to adjust movements in 'real-time.'



### Multiple Water Depths:

- Provides the ability to treat patients at different stages of weight bearing status



### Removable Handrails/Supports Bars

to enhance patient comfort and security.



# Why Consider Aquatic Therapy?

## Here are 5 Ways Aquatic Therapy Impacts Rehabilitation

We understand that aquatic therapy can greatly impact the results you achieve during rehabilitation. When you combine the natural healing properties of water with advanced aquatic therapy technology such as an underwater treadmill, resistance therapy jets and deep tissue massage, like our HydroWorx, the result is an unbeatable rehabilitation tool, which is now available for you!

### 5 reasons why aquatic properties will change the way you think about rehabilitation:

- 1 An exercise solution for all levels of weight-bearing.** As a non or partial weight-bearing patient, having a way to move and safely begin rehabilitation can do amazing things for your body and emotional well being. The buoyancy of the water eliminates up to 90% of a person's body weight, allowing you to safely begin therapeutic exercises shortly after injury without the fear of falling or re-injury.
- 2 Begin rehab sooner in the water than on land to reduce inflammation and accelerate rehab.** The ability to reduce your weight-bearing status in the water allows you to begin rehab exercises sooner than land-based exercises; thus speeding up recovery and minimizing the loss of range of motion on the injured joint. The hydrostatic pressure of water also naturally decreases inflammation to increase circulation.
- 3 Pain is greatly reduced when exercising in warm water.** When you are bearing less body weight, the stress on your legs and joints is greatly diminished. Additionally, the warm water acts as an aid for sore, swollen or injured joints and muscles, resulting in less pain and increased range of motion.
- 4 Lean muscle mass and overall leg strength is improved with underwater treadmill exercise.** When comparing exercising on land to aquatic-based exercise, a research study conducted at Texas A&M University demonstrates that exercising on an underwater treadmill yields greater results in building lean muscle mass. The added resistance from the water and resistance therapy jets makes underwater treadmill exercise more challenging for your leg muscles.
- 5 Unbelievable rejuvenation and recovery capabilities.** Research shows when you exercise on an underwater treadmill you will experience a significant decrease in muscle soreness compared to those who exercise only on a land treadmill. An additional research study from the University of Wisconsin showed improved flexibility and sleep patterns for those who exercised on underwater treadmills.

### Patients Suited for Aquatic Therapy

People referred for aquatic physical therapy usually have difficulty exercising on land. The following conditions are ideal for treatment in the aquatic environment:

- Arthritis & Chronic pain
- Back and spine conditions
- Neck, shoulder, low back, knee or ankle, injuries
- Rehabilitation following surgery
- Chronic pain
- Neurological conditions
- Sports medicine & performance
- Weight loss
- Cardiac



*One, most everything you can do on land, you can do in the water.*

*Two, what you are no longer able to do on land, you can probably do in the water and without pain!"*

- Kathy Fisher,  
Aquatic Director at the  
Randolph YMCA