



SAMPLE LIBRARY LANGUAGE (courtesy [Aquatic Therapy University](http://www.aquatictherapyuniversity.com), ©2012)

(If you would like a **Word version** to cut-and-paste, email Andrea at asalzman@aquaticnet.com)

RATIONALE FOR AQUATIC THERAPY:

- **Access.** Immersion in water facilitates treatment of multiple sites simultaneously/ in rapid succession; allows ease of positioning and access to patient's body; and/or facilitates ease of handling of patient by therapist.
- **Aerobic effects.** Aerobic exercise in water promotes physical conditioning. This conditioning creates positive health benefits.
- **Balance and safety.** Patients may be challenged beyond limits of stability in the water without the fear of consequences of falling often present with land-based balance training. The environment leads to improvement in balance reactions.
- **Cardiovascular stress.** Exercise in water produces training effects with less cardiovascular stress than the identical exercise (or exercise intensity) performed on land. This reduction in stress creates a training environment without compromising safety.
- **Edema.** Immersion in water reduces edema and effusion in lower extremities via the effects of hydrostatic pressure.
- **Graded resistance.** Exercise in water is velocity-specific, 3-dimensional, graded, and safer to perform.
- **Graded weight-bearing.** Exercise in water produces less spinal and lower extremity loading than the identical exercise performed on land. This allows for progressive implementation of weight-bearing.
- **Movement freedom.** Exercise in water promotes more movement freedom and thus promotes improved ROM, reduced stiffness and increased functional strength and mobility while diminishing the negative consequences of lack of movement.
- **Muscular effort.** Standing in water results in less spinal and lower extremity weight-bearing than standing on land. This reduction in weight-bearing results in a reduction in motor activity required from postural muscles. It takes more muscular effort to elevate a limb against gravity on land than while immersed.
- **Pain.** Immersion in water produces a pain palliation effect due in part to the effects of buoyancy (off-loading of spine and LE joints), thermal shifts, and desensitization.
- **Proprioception.** Movement of a body part through water results in greater somatosensory input to receptors than movement of that body part through air.
- **Thermal effect.** Exercise and relaxation in water provides a thermal effect which can alter tone, arousal, muscle spasm, pain.
- **Well-being.** Exercise in a therapeutic pool promotes normal socialization and promotes psychological well-being.

1143 Oak Ridge Turnpike #226
Oak Ridge, TN 37830 USA
(800) 680-8624 Office

info@swimatu.com | www.swimatu.com