



Aquatic Rehabilitation Therapy

Aquatic Rehabilitation Therapy is an exercise-based pool program specifically designed to improve neuromuscular and skeletal function.

WHEN MAY AQUATIC THERAPY BE INDICATED?

- Arthritic conditions
- Osteoporosis & Osteopenia
- Fibromyalgia
- Total hip & knee replacements
- Motor vehicle accidents
- Work place injuries
- Sports injuries
- Repetitive strain injuries
- Low back pain
- Neuromuscular dysfunctions such as Parkinson's & Multiple Sclerosis

WHAT ARE THE BENEFITS?

- Improves strength and endurance
- Decreases stress on bones and joints
- Increases pulmonary ventilation and perfusion
- Increases range of motion and flexibility
- Decreases swelling
- Increases balance & coordination
- Relaxes muscle
- Improves self-confidence
- Reduces stress
- Encourages social interaction

Marcia de Gouw, Physiotherapist, instructs the Aquatic Rehabilitation Therapy program out of the Chelsey Park Health Club where their therapeutic pool never drops below a temperature of 88°F. Marcia combines her skills as a physiotherapist, with her background as a certified aqua-fitness instructor, to maximize rehabilitation using the therapeutic effects of water. See ***Properties of Water and their Therapeutic Effects***.

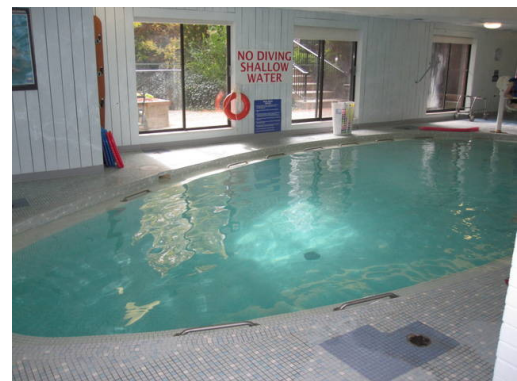
A Physiotherapy Assessment is recommended before commencing this program so that the program can be tailored to the individual. Because Aquatic Rehabilitation Therapy is a Physiotherapy intervention, the cost of this treatment is covered by most private extended health insurance plans.

Physician and self referrals welcomed.

For more information or to register, please contact:

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Pool location:
Chelsey Park Health Club,



Chelsey Park Retirement Community
312 Oxford Street West, London, ON