

Announcement

AristaCare at Cedar Oaks Kicks Off Its Aquatic Therapy Program

We are pleased to offer Aquatic Therapy as one of our rehabilitation interventions here at AristaCare at Cedar Oaks. Aquatic therapy is beneficial in treating many conditions, including, but not limited to:

- Orthopedic Injuries
- Neuromuscular
- Total Joint Replacement
- Musculoskeletal Disorders
- Balance Disorders
- Stroke Recovery
- Spinal Conditions
- Cardiopulmonary Disorders
- Chronic Pain / Multi-Trauma
- Arthritis / Fibromyalgia

Our therapists assess each patient individually to deem whether or not they will benefit from using this type of therapy. Certain criteria must apply for patient participation to be approved.

BENEFITS OF AQUATIC THERAPY

Our state-of-the-art aquatic therapy pool enables both assistive and resistive therapies. It capitalizes on the body's buoyancy in varying water depths, enabling rehabilitative exercises to become easier or progressively more difficult. A computerized current helps to build strength and balance control, and allows for more variability in each therapy session. Recent research has



shown that when combining aquatic therapy with land-based therapy, **the patient's functional outcomes** were more improved than when compared to traditional land-based treatment alone. Due to the buoyancy conditions that water affords, some therapy treatments can begin earlier and more aggressively.