

AQUATIC THERAPY FOR OLDER ADULTS



National Archives and Records Administration. National Archives and Records Administration. <https://catalog.archives.gov>. Accessed July 26, 2017.

WHAT IS AQUATIC THERAPY?

A type of physical therapy that takes place in water. Aquatic therapy is different than aquatic exercise because it is provided by a trained medical professional. Aquatic therapy is a type of rehab that is covered by many insurances.

Who can benefit from aquatic therapy?

People with. . .

- Osteoarthritis
- Joint replacements
- Neurological problems
- Low back pain
- Balance problems
- Muscle weakness
- Tight muscles
- Swelling
- Chronic pain
- Decreased fitness



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WHO SHOULD NOT DO AQUATIC THERAPY?

People with...

- Uncontrolled seizures
- Bowel incontinence
- History/presence of blood clots or heart disease
- Open wounds or skin disease
- Flare up of joint disease such as Rheumatoid arthritis

Who can provide aquatic therapy?

A licensed occupational therapist, physical therapist, or physical therapist assistant.

HOW CAN AQUATIC THERAPY HELP YOU?

- Improves balance to reduce risk of falls
- Allows you to exercise without putting stress on painful joints
- Reduces swelling
- Warm water promotes relaxation and reduces pain

What kind of equipment can be used?

- Pool noodles
- Kick boards
- Floating hand bells and paddles
- Flippers
- Resistance bands
- Floating rings or belts



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