



Aquatic Therapy

Aquatic therapy can assist in healing and exercise performance.

The benefits include:

- Water buoyancy unloading joints, allowing greater pain-free movement
- Warm pool temperatures to decrease pain
- Force from pool jets can increase strength, build endurance and improve core stability awareness

Aquatic therapy can help you with:

- Joint replacement recovery
- Orthopaedic injuries
- Post-surgical care
- Pregnancy muscle pain
- Back and mid back injury
- Pediatric care
- Neurological disorders
- Arthritis
- Chronic pain
- Balance disorders
- General conditioning
- Gait deviations
- Work-related injuries

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LOCATIONS:

Physical Therapy – Greece

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The Pieters Family Life Center

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