

## Physiotherapy Abbotsford

Physiotherapy Abbotsford - Hydrotherapy is a form of physical therapy exercises that are performed in water. Hydrotherapy exercises regime is utilized to lessen the stress on the body which conventional exercise places on the body. Several public pools offer these kinds of 'Aqua Fit' classes for various ages and ability levels. Anyone could reap the benefits of hydrotherapy or aquatic therapy, although, normally people who are older or heavier engage in these types of exercises. Hydrotherapy is very beneficial to those who are recovering from injury or live with chronic pain or different health problems.

Hydrotherapy sessions are usually done in a warm water pool. These exercises are useful in relieving joint pain and muscle tension. The water offers safe cushioning for fragile bones and stressed muscles. The water can increase the body's range of motion and ease mobility. Numerous exercises can be performed; the ones chosen usually depend on the therapist or instructor as well as the nature of the patient's health problems.

For individuals who are overweight or suffering from obesity, hydrotherapy is a great exercise alternative and an effective component to weight reduction. Because performing exercises in the water lessens the pressure which land exercises could cause on joints in obese patients, it is often suggested to patients who are on a weight reduction plan. The instructor usually begins by having the patients walk all-around on the pool floor. Vigorous leg kicks are added while holding onto pool wall or a kick board so as to insure proper balance. Arm movements are likewise incorporated and some instructors introduce water weights. As body stamina and strength increases and weight loss happens, patients are typically able to increase endurance and do various hydrotherapy exercises as the sessions increase.

Hydrotherapy exercise can greatly benefit people suffering arthritis and osteoarthritis, by helping to increase the flow of synovial fluids. These fluids help joint mobility which is a key problem arthritis sufferer's deal with. Hydrotherapy is usually performed in heated water rather than a luke-warm pool. The heated water helps to relax tense muscles and loosen the joints and the ligaments.

Several physiotherapy establishments offer hydrotherapy in particularly designed pools that have metal bars lining the sides. These bars allow the patients to maintain their balance by holding onto the rails while they do a series of leg and arm lifts. Knee squats are another exercise that can be done to be able to loosen the knee joints while enjoying the support of the water. Exercises are normally taught on a condition specific basis and can be modified in order to meet each individual's certain needs. The exercises could be modified to increase or decrease intensity.

Hydrotherapy is not simply for those people who are overweight and elderly, but offers an alternative form of exercise for whatever individual. Usually, your local gym or fitness center may incorporate exercise classes as part of a general membership. The majority of hydrotherapy classes provide exercises to be able to improve flexibility, cardiovascular strength and muscle tone. Any individual can benefit from hydrotherapy exercises, particularly those individuals who suffer from old sports injuries or whichever kind of joint weakness.