



NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body



BENEFITS OF AQUATIC THERAPY FOR YOUR CHRONIC PAIN

If you're barely staying afloat because of pain, aquatic therapy could help.

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Benefits of Aquatic Therapy For Your Chronic Pain



If you're barely staying afloat because of pain, aquatic therapy could help.

Are you fed up with your pain or weakness? Is it becoming increasingly difficult to walk, bend, and stand? Is doing housekeeping or running errands around town becoming more difficult? Have you tried everything to tackle these issues and come up with a solution that doesn't work?

If you answered yes to any or all of these questions, water therapy at Loudoun PT might be a good fit for you!

Aquatic therapy is a type of rehabilitation that takes place in the water. It differs from aqua fitness in that it is carried out by a certified therapist. It is covered by insurance, including Medicare, because it is provided by a physical therapist, physical



therapist's assistant, Occupational Therapist, or Occupational Therapist's assistant.

Continue reading to learn about the advantages of water treatment for a number of difficult chronic diseases. When you're finished, call our clinic to schedule an appointment with one of our trained aquatic therapists!

Call us at Leesburg (703-443-6700) or Lansdowne (703-858-9880) to schedule your next PT appointment.



Common conditions an AQUATIC THERAPIST can help with...

Leesburg:
(703) 443-6700
Lansdowne:
(703) 858-9880

Aquatic therapy is a type of aquatic physical therapy and aquatic occupational therapy treatment that takes place in water, generally in an in-clinic pool. It has soothing properties that can benefit you if you are seeking relaxation and pain relief.

Two of the most common conditions that aquatic therapists are experts at treating are back pain and balance issues.

Back pain

Back pain is one of the most commonly experienced conditions, and it can affect nearly anyone at any age. This kind of pain can form as a result of an injury, or simply as a part of getting older. Back pain is often quelled with over-the-counter pain medications, but with the help of a knowledgeable aquatic therapist, you don't have to depend on pills to help you feel better.

As previously stated, our clinic believes in the healing magical properties of water. They are perfectly suited to treat back pain!

Only 20% of your weight is supported by your spine when you're in chest-deep water. This makes it much less painful and easier to

exercise your back muscles. In the deepwater part of our program, we focus on the core while the patient wears a flotation belt and holds weights. If necessary, modest spinal traction can be used to relieve pressure between the vertebrae, which is common in the spine.

Balance and gait disorders

Balance disorders are rather common. Feeling imbalance is never pleasant, and it can put you at risk of falling and hurting yourself. Our clinic's aquatic therapy might help you improve your balance.

There is no risk of injury when completing standard land-based balance exercises in the water. You may sustain injuries such as a hip fracture if you fall on land. Not only do you have the support of a flotation belt in the water, but you also have the safety of the water if you lose your equilibrium! It's a win-win situation for everyone.

If you stumble, you will simply get wet instead of falling down and hurting yourself. Our therapists can identify at-risk patients and provide hands-on assistance when needed, so rest assured that you'll be taken care of!

Sources: <https://loudounpt.com/physical-therapy-services/chronic-pain-relief/> • <https://loudounpt.com/physical-therapy-services/back-pain-relief/>

SCHEDULE YOUR APPOINTMENT:
LOUDOUNPT.COM/NEWSLETTER-REQUEST-APPOINTMENT

MEET OUR AQUATIC PT'S:



Dr. Alli Gannon, who is our afternoon therapist at Ida Lee, has a unique ability and interest in making your session not only therapeutic but enjoyable. Having traveled extensively, including living in Japan for a while, she interjects ikigai (a motivation force) in all she does.




Terri Homa is our morning therapist at Lansdowne pool. Coming from inpatient rehabilitation, acute care and home health, she is an expert on analyzing movement and knowing exercise science. She has the unique ability to put people at ease and with her sailing background, has a gusto for life.

WHAT PATIENTS ARE SAYING

"All the staff who have provided my therapy demonstrated professional experience and courtesy. Each person has the knowledge and ability to oversee and help me with my exercises. They explain the benefits and how treatments will improve your physical well-being. Isn't that what they are trained to do? Well done!" - Bill B.

AT-HOME EXERCISE HELPS IMPROVE BALANCE

Exercises copyright of
 SimpleSet Pro

Forward Bend - Long Sitting

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

WHY SHOULD I SEE AN AQUATIC THERAPIST?

There are several reasons why you may want to go see an aquatic therapist at Loudoun PT. Besides living with chronic conditions such as arthritis, tendonitis, bursitis, multiple sclerosis, stroke recovery, and joint disorders, you may have other common goals for your aquatic therapy treatment, such as:

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

If you're not sure whether or not aquatic therapy would be a good fit for you, you can always ask a Loudoun PT therapist. They'd be more than happy to do a full assessment of your condition to determine the best plan of action for your therapy treatment!

CALL AND SCHEDULE YOUR
APPOINTMENT TODAY!

Leesburg:

(703) 443-6700

Lansdowne:

(703) 858-9880

LOUDOUNPT.COM

