

## Physiotherapy Owen Sound

Physiotherapy Owen Sound - Hydrotherapy exercises are a kind of physical therapy or exercise performed in water. Typically, this type of exercise regime is used so as to lessen the stress which regular exercise puts on the body. Many public pools provide these forms of 'Aqua Fit' classes for all ages and ability levels. Anyone could reap the benefits of aquatic therapy or hydrotherapy, though, normally individuals who are heavier or older engage in these forms of exercises. Hydrotherapy is very helpful to those who are recovering from injury or live with chronic pain or various health concerns.

Sessions of hydrotherapy exercises are carried out in warm-water pools and are beneficial for relieving muscle tension and joint pain. The water provides safe cushioning for fragile bones and stressed muscles. The water can increase the body's range of motion and ease mobility. Numerous exercises could be done; the ones chosen generally depend on the instructor or therapist as well as the nature of the patient's health issues.

Hydrotherapy is a good exercise choice for individuals who are overweight and suffering from obesity. Aquatic therapy is an effective component to weight reduction. For the reason that performing exercises in the water alleviates the pressure that land exercises can cause on joints in obese patients, it is often suggested to patients who are on a weight loss journey. The instructor usually begins by having the patients walk round on the pool floor. Vigorous leg kicks are added while holding onto a kick board or the pool wall so as to insure good balance. Arm movements are also included and several instructors introduce water weights. As body stamina and strength increases and weight loss occurs, patients are normally able to increase endurance and carry out different hydrotherapy exercises as the sessions increase.

An aquatic exercise regime can very much benefit individuals who are suffering from arthritis and osteoarthritis. Hydrotherapy exercises help to increase the distribution and production of synovial fluids. These fluids aid joint mobility which is a key issue arthritis sufferer's face. Hydrotherapy is usually performed in heated water as opposed to a luke-warm pool. The heated water helps to loosen the joints and the ligaments and relax tense muscles.

Numerous physiotherapists offer hydrotherapy utilizing specially designed pools. These pools are lined with metal bars along the sides to be able to enable their patients to balance themselves on the rails while performing leg and arm exercises. Knee squats are another exercise that could be performed 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 could be modified so as to suit each individual's specific needs. The exercises can be modified to decrease or increase intensity.

Hydrotherapy is not only a kind of exercise for older and heavier people. It is an excellent exercise alternative for individuals who are looking for an alternative kind of exercise. Some gyms and fitness centers offer aquatic exercise classes as a part of their general membership. Nearly all hydrotherapy classes provide exercises so as to improve flexibility, cardiovascular strength and muscle tone. Whatever person could benefit from hydrotherapy exercises, especially those people who suffer from old sports injuries or whichever kind of joint weakness.