

HOW IT WORKS



It has long been known that water has many benefits both emotional and physical. For many years water has been increasingly used for exercise, competition and relaxation.

What makes Physio Directed Aquatic Therapy so effective are the properties of water itself.

* **HYDROSTATIC PRESSURE** is greater than air and equal on all sides. It increases with water depth and aids in working as an auxiliary heart pump and increases circulation or acts like a massage for the body.

* **BOUYANCY** lifts the body up so assists in supporting the muscular and skeletal structure it then becomes less stressful to move.

* **INERTIA OR RESISTANCE** assists in aiding the body movement, it helps to train for balance and stability as well as increasing intensity of muscle movement.

* **VISCOSITY** is the friction that occurs between molecules of water and provides a resistance to the flow of the liquid. Since water is more viscous than air, movement is slower and allows for less momentum and optimal rehab conditioning.

UNIQUE NEW PROGRAM!

Water Therapy is great for everyone!

Come in and see why this exceptional NEW program will work for YOU!

AQUATIC CENTRE PHYSIOTHERAPY offers the ONLY Physio Directed Aquatic Therapy program on the North Shore!

The Program may be supported by your EXTENDED HEALTH BENEFITS.

Please contact your extended health plan.

If you have any questions regarding Physio Directed Aquatic Physiotherapy, please do not hesitate to contact us!



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NEW!

PHYSIO DIRECTED AQUATIC THERAPY PROGRAM!

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CONDITIONS THAT BENEFIT

- * POST MASTECTOMY
- * CARDIAC REHABILITATION
- * MUSCLE CONDITIONING
- * JOINT REPLACEMENT
- * BACK INJURIES
- * VARIOUS INJURIES REQUIRING PAIN MANAGEMENT
- * ARTHRITIS
- * LYMPHEDEMA
- * POST SURGICAL



PROGRAM STRUCTURE

The Physio Directed Aquatic Therapy Program is approximately seven sessions.

Your initial visit is held in our physiotherapy clinic located within the West Vancouver Aquatic Centre at the Aquatic Physiotherapy Clinic. During this initial session, a physiotherapist will assess you in a one on one setting. Based on the findings of the initial assessment, the physiotherapist will develop an individualized program designed to meet your needs.

Delia Palmer, Certified Aquatic Rehabilitation Specialist Personal Trainer, Balance and Mobility Specialist, will direct the Aquatic Physiotherapy Program. This can be done on a one on one basis or in small groups of no more than 4 people. Your exercises will be monitored and progressed by the physiotherapist.

RESULTS INCLUDE

- * DECREASING PAIN
- * SUPPORTS WEAK AND INJURED JOINTS
- * DECREASED BLOOD PRESSURE AFTER SEVERAL MINUTES OF IMMERSION
- * INCREASED RANGE OF MOTION
- * REDUCES STRESS
- * REDUCES INFLAMMATION AND SWELLING
- * IMPROVES OVERALL STRENGTH AND MUSCULAR TONE
- * ENHANCES PHYSICAL AND EMOTIONAL WELL_BEING



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