

# AQUATIC CENTRE PHYSIOTHERAPY

## Aquatic Centre Physiotherapy

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## RE: Aquatic Centre Physiotherapy offers one-on-one aqua therapy sessions

Aquatic Centre Physiotherapy is located in the beautiful West Vancouver Aquatic Centre. We have access to variable temperature water between our two pools and two hot tubs. The therapeutic pool and family hot tub are fully accessible via beach walk-in access for ambulating and non-ambulating patient. Aqua Wheelchairs are available which allows patients to enter the water with wheelchair assistance. The main pool is accessible with a lift.

Andre Mascarenhas, Physiotherapist, and Judy Bjornson, Aquatic Rehab Specialist, provide one-on-one individualized sessions in the pool. They combine muscle strengthening, cardio fitness training, with balance and coordination exercises. Sessions last between 30 and 45 minutes.

## Who are the right candidates for aqua therapy?

- **Post-surgery** – ACL, TKR and THR - Once the wound is healed, weight bearing and fitness training can be enhanced with guided strengthening exercises and gait training program. Pool noodles and floatation devices can aide in deweighting the body.
- **People with Severe Osteoarthritis** – Unable to perform exercises on land due to painful weight bearing.
- **Fibromyalgia and Myofascial pain syndrome** – Buoyancy helps with pain-free stretches while helping muscles relax with temperature variations between heated jacuzzi and euthermic pool environment.
- **Neurological conditions with balance impairments** – Balance exercises can be performed without the risk of injury or falls with the help of aqua equipment and supported grab rails.
- **General fitness** – Aqua workouts can be customized according to your needs. For example: mobility program, return to jogging/running, strength and core conditioning.

A referral can be received by phone, fax, or email:



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Yours in good health,  
Aquatic Centre Physiotherapy