

## Physiotherapy Charlottetown

Physiotherapy Charlottetown - Hydrotherapy is a type of physical therapy exercises that are carried out in water. Hydrotherapy exercises regime is used so as to reduce the stress on the body that traditional exercise places on the body. A lot of public pools provide these forms of 'Aqua Fit' classes for all ability levels and ages. Anyone could reap the benefits of hydrotherapy or aquatic therapy, while, normally people who are heavier or older engage in these forms of exercises. Hydrotherapy is very useful to people who are recovering from injury or live with chronic pain or various health problems.

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

Hydrotherapy is a great exercise alternative for those who are suffering from obesity and overweight. Aquatic therapy is an effective component to weight loss. As doing exercises in the water lessens the pressure which land exercises could cause on joints in heavy patients, it is often recommended to patients who are on a weight reduction plan. The instructor often begins by having the patients walk around on the pool floor. Vigorous leg kicks are added while holding onto a kick board or the pool wall to insure correct balance. Arm movements are also incorporated and several instructors introduce water weights. As body strength and stamina increases and weight reduction takes place, patients are usually able to increase endurance and perform different hydrotherapy exercises as the sessions increase.

Hydrotherapy exercise can really benefit people suffering arthritis and osteoarthritis, by helping to increase the flow of synovial fluids. These fluids help joint mobility which is a key concern arthritis sufferer's encounter. Hydrotherapy is normally done in heated water instead of a luke-warm pool. The heated water helps to be able to relax tense muscles and loosen the joints and the ligaments.

Several physiotherapists provide hydrotherapy utilizing particularly designed pools. These pools are lined with metal bars along the sides in order to enable their patients to balance themselves on the rails while performing arm and leg exercises. Knee squats are one more exercise that could be performed to be able to loosen the knee joints while enjoying the support of the water. Exercises are often taught on a condition specific basis and can be tailored to suit each individual's specific requirements. The exercises could be tailored to increase or decrease intensity.

Hydrotherapy is not simply a kind of exercise for older and heavier people. It is an excellent exercise alternative for individuals who are looking for an alternative form of exercise. Some gyms and fitness centers provide aquatic exercise classes as a part of their general membership. The majority of hydrotherapy classes provide exercises to improve cardiovascular strength, muscle tone and flexibility. Any individual can benefit from hydrotherapy exercises, particularly those people who suffer from old sports injuries or any type of joint weakness.