

AQUATIC THERAPY



Ministry Rehabilitation Services

A Department of Sacred Heart-
Saint Mary's Hospitals

How Can Aquatic Therapy Help Me? The benefits of Aquatic Therapy include:

- ▶ Increased flexibility and mobility
- ▶ Improved function in activities of daily living
- ▶ Greater endurance
- ▶ Reduction of pain
- ▶ Increased range of motion and strength
- ▶ Muscle relaxation
- ▶ Improved balance
- ▶ Boosted immune system
- ▶ Improved posture
- ▶ Increased heart rate
- ▶ Increased range of motion and strength
- ▶ Increased circulation
- ▶ Increased respiration
- ▶ Improved coordination
- ▶ Increased metabolic rate
- ▶ Improved psychological health

What is Aquatic Therapy?

Aquatic Therapy is therapeutic use of water for treatment of physical disabilities. People can exercise while eliminating the effects of gravity on painful joints and muscles of the body.



Who Would Benefit?

People with the following conditions would benefit from Aquatic Therapy:

- ▶ Stroke
- ▶ Arthritis
- ▶ Fibromyalgia
- ▶ Chronic pain
- ▶ Orthopedic conditions
- ▶ Spinal cord injury
- ▶ Multiple sclerosis
- ▶ And many more....

If you would like more information on the Aquatic Therapy program at Ministry Rehabilitation Services, please call us at (888) 843-1367.



Ministry Rehabilitation Services
A Department of Sacred Heart-
Saint Mary's Hospitals

2003 Winnebago Street East (YMCA Building)
Rhinelander, WI 54501
(715) 361-2300

Sacred Heart Hospital
401 West Mohawk Drive, Tomahawk, WI 54487
(715) 453-7740

(888) 843-1367 • ministryhealth.org

Personalized Care

Aquatic Therapy, available through Ministry Rehabilitation Services, is an outpatient program that involves exercise and education. An individualized treatment program is designed to meet each patient's specific needs. Patients are evaluated and treated on a one-on-one basis by a therapist who works collaboratively with the physician, sharing treatment progress. Aquatic Therapy can be coordinated with a dry land program.

How Do I Get Involved?

A physician's referral is required to participate in the program. Most major health insurance and health maintenance organization plans provide coverage for Aquatic Therapy treatment.



Ministry Rehabilitation Services Northern Wisconsin's most comprehensive rehabilitation center:

- ▶ Aquatic Therapy
- ▶ Comprehensive Pain Management
- ▶ Industrial Rehabilitation
- ▶ Occupational Therapy
- ▶ Physical Therapy
- ▶ Speech Therapy
- ▶ Sports Medicine
- ▶ Women's Specialty Services
- ▶ Wound, Ostomy, Continence Care

AQUATIC
THERAPY