



Aquatic Environment

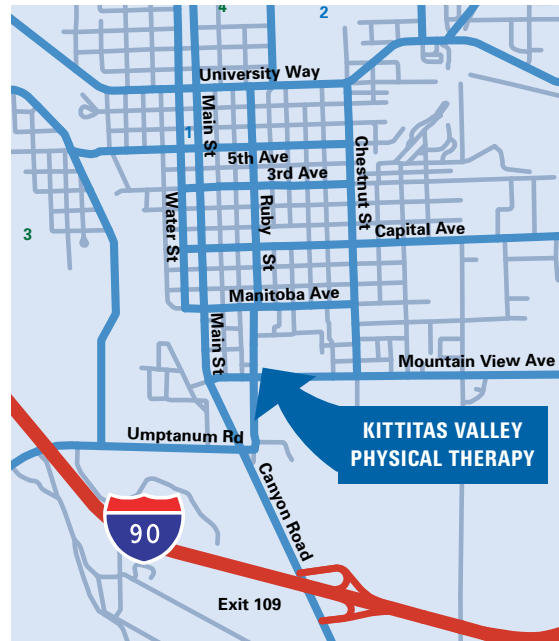
Aquatic therapy is offered onsite at the Physical Therapy building in a relaxed and soothing environment. The 16' x 30' therapy pool remains at a comfortable temperature and individualized therapy is designed to address a wide variety of orthopedic, spine and neurological problems for clients of any age.

Participation is by physician approval and patients are evaluated by a licensed physical therapist and supervised by licensed personnel. Aquatic equipment is provided for each patient according to their individualized plan. We can accommodate varying levels of fitness and work with patients that may not be comfortable in a pool environment.

Our professional staff draw on a wealth of experience and extensive education to deliver the most effective and up-to-date care.

TREATMENT GOALS:

- Increase the range and ease of movement
- Increase strength and endurance
- Improve coordination and balance
- Decrease muscle tension and providing general relaxation
- Promote independent self-management



Kittitas Valley Physical Therapy

301 East Mountain View Ave.
Ellensburg, WA 98926

509-962-7386

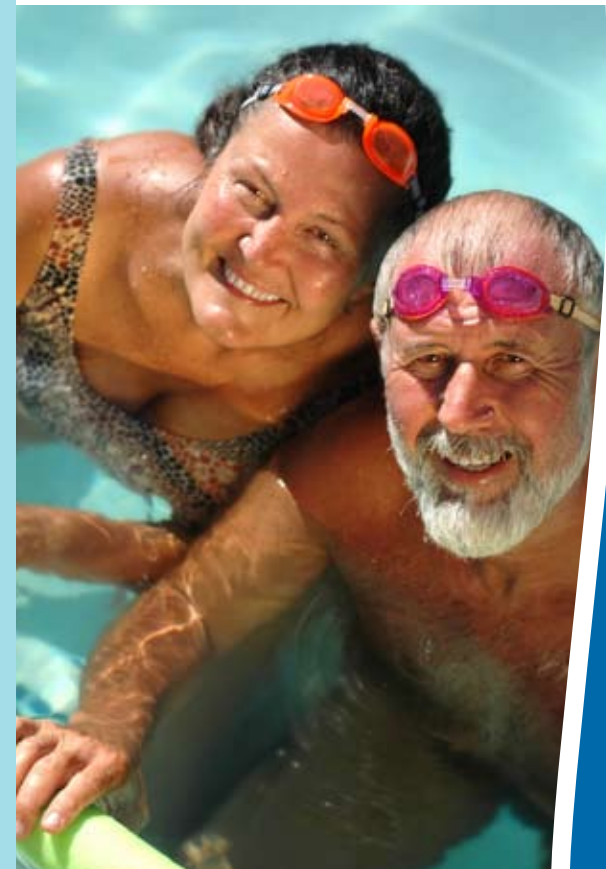
HOURS OF OPERATION

Monday–Friday 7:00 am–5:30 pm



www.kvch.com

Physical Therapy Services



The best choice for comfortable and effective therapy



KITTITAS VALLEY COMMUNITY HOSPITAL

exceptional community healthcare

Aquatic Therapy

Aquatic Therapy offers an alternative form of rehabilitation but is often used in conjunction with traditional physical therapy. The physical properties of water can help reduce strain on joints and can assist in patient healing in addition to exercise tolerance.



Buoyancy assists in supporting the weight of the patient. This decreases the amount of stress and impact to the joint. This aspect of aquatic therapy is especially useful for patients with arthritis, healing fractured bones, or who are overweight.

Viscosity of water provides an excellent source of resistance and allows for muscle strengthening without the need of weights. Using resistance combined with the water's buoyancy allows a person to strengthen muscle groups with decreased joint stress.

Hydrostatic pressure produces forces perpendicular to the body's surface. This pressure provides joint positional awareness to the patient and also assists in decreasing joint and soft tissue swelling that results after injury or with arthritic disorders.

Warmth of the water relaxes muscles and causes blood vessels to widen, increasing blood flow to injured areas. Patients with muscle spasms, back pain, and fibromyalgia find this aspect of aquatic therapy especially therapeutic.

**It is important to know however, that aquatic therapy is not for everyone. People with cardiac disease should check with their doctor before participating in aquatic exercise. Those who have fevers, infections, or bowel/bladder incontinence are also not candidates for aquatic therapy. Always discuss this with your physician before beginning an aquatic therapy program.*

For the low impact treatment of:

THE SPINE

- Degenerative disc disease/arthritis
- Bulging or herniated discs
- Post Surgery
- Osteoporosis
- Laminectomies

THE BODY

- Work related injuries
- Fibromyalgia
- Chronic pain
- Arthritis
- Balance Disorders
- Athletic Injuries

THE EXTREMITIES

- Lower quarter overuse injuries
- Knee and ankle problems & dysfunctions
- Post operative arthroscopies & ligament repairs
- Rotator cuff rehabilitation
- Post operative total joint replacement
- Fractures