

Physiotherapy Halifax

Physiotherapy Halifax - Hydrotherapy is a type of physical therapy exercises that are performed in water. Hydrotherapy exercises regime is utilized so as to ease the stress on the body that traditional exercise places on the body. Numerous public pools offer these types of 'Aqua Fit' classes for all ability levels and ages. Anybody could reap the benefits of hydrotherapy or aquatic therapy, even if, normally individuals who are older or heavier engage in these kinds of exercises. Hydrotherapy is extremely helpful to those who are recovering from injury or live with chronic pain or other health conditions.

Hydrotherapy sessions are usually performed in a warm water pool. These exercises are useful in relieving joint pain and muscle tension. The water offers safe cushioning for fragile bones and stressed muscles. The water could increase the body's range of motion and ease mobility. Many exercises can be carried out; the ones chosen normally depend on the instructor or therapist and the nature of the patient's health issues.

Hydrotherapy is a great exercise alternative for people who are suffering from obesity and overweight. Aquatic therapy is an effective part to weight reduction. In view of the fact that performing exercises in the water alleviates the pressure which land exercises can cause on joints in overweight patients, it is usually recommended to patients who are on a weight loss journey. The instructor normally starts by having the patients walk round on the pool floor. Vigorous leg kicks are added while holding onto pool wall or a kick board to insure good balance. Arm movements are even incorporated and various instructors introduce water weights. As body strength and stamina increases and weight loss occurs, patients are normally able to increase endurance and do various hydrotherapy exercises as the sessions increase.

An aquatic exercise regime could greatly benefit individuals who are suffering from arthritis and osteoarthritis. Hydrotherapy exercises help to increase the production and distribution of synovial fluids. These fluids help joint mobility which is a major problem arthritis sufferer's deal with. Hydrotherapy is normally performed in heated water instead of a luke-warm pool. The heated water helps to relax tense muscles and loosen the joints and the ligaments.

Various physiotherapists provide hydrotherapy using specially 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 doing leg and arm exercises. Knee squats are one more exercise that can be done so as to loosen the knee joints while enjoying the support of the water. Exercises are usually taught on a condition specific basis and can be tailored to meet each individual's particular requirements. The exercises may be tailored to decrease or increase intensity.

Hydrotherapy is not just for those individuals who are overweight and elderly, but provides an alternative form of exercise for any person. Oftentimes, your local gym or fitness center may integrate exercise classes as part of a general membership. Most hydrotherapy classes provide exercises so as to improve cardiovascular strength, muscle tone and flexibility. Any individual could benefit from hydrotherapy exercises, specially those people who suffer from old sports injuries or any kind of joint weakness.