

## Physiotherapy Kitchener

Physiotherapy Kitchener - Hydrotherapy is a form of physical therapy exercises that are performed in water. Hydrotherapy exercises regime is utilized to be able to ease the stress on the body that conventional exercise places on the body. Many public pools provide these forms of 'Aqua Fit' classes for various ages and ability levels. Anybody could reap the benefits of hydrotherapy or aquatic therapy, although, often individuals who are heavier or older engage in these kinds of exercises. Hydrotherapy is really beneficial to individuals who are recovering from injury or live with chronic pain or different health problems.

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

Hydrotherapy is a good exercise alternative for those who are overweight and suffering from obesity. Aquatic therapy is a helpful part to weight loss. Since performing exercises in the water eases the pressure which land exercises could cause on joints in obese patients, it is often recommended to patients who are on a weight loss journey. The instructor usually starts 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 some instructors introduce water weights. As body strength and stamina increases and weight loss takes place, patients are typically able to increase endurance and perform a wider range of hydrotherapy exercises as the sessions increase.

An aquatic exercise regime could very much benefit individuals who are suffering from osteoarthritis and arthritis. 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 go through. Hydrotherapy is generally done in heated water instead of a luke-warm pool. The heated water helps to relax tense muscles and loosen the joints and the ligaments.

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

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