

# Hydrotherapy

## Introduction

Hydrotherapy

Hydrotherapy offers a range of benefits for many conditions treated here at Harbourside Physiotherapy.

Hydrotherapy has been utilised for years as a treatment technique for pain, inflammation, weakness and stress.

Buoyancy reduces the effective body weight; for people who are in too much pain to walk, or have difficulties maintaining balance, hydrotherapy allows them to simulate land activities in a safe and supportive environment. Water also offers excellent resistance and thus strength training.

Hydrotherapy may be used to achieve the following:

- Increased strength and flexibility
- Reduction of high tone & spasticity
- Reduction of pain and/or hypersensitivity
- Improved balance
- Improved circulation & cardiac function
- Improved co-ordination

Some conditions that we recommend Hydrotherapy include

- Arthritic and Rheumatological conditions including Ankylosing Spondylitis
- Sports Injuries
- Neurological conditions for example MS, Parkinsons, Stroke, Acquired Brain Injury
- Osteoporosis
- Weight Loss, in initiating an exercise programme without harming joints in a less stress medium for joints

If you are unsure as to whether you might benefit from hydrotherapy and would like some more information, don't hesitate to call

