



BENEFITS OF AQUATIC THERAPY FOR CHRONIC PAIN

Are you fed up with your pain or weakness? Is it becoming increasingly difficult to walk, bend, and stand? Is doing housekeeping or running errands around town becoming more difficult? Have you tried everything to tackle these issues and come up with a solution that doesn't work?

If you answered yes to any or all of these questions, water therapy at ReRequest Physical Therapy might be a good fit for you!

Aquatic therapy is a type of rehabilitation that takes place in the water. It differs from aqua fitness in that it is carried out by a certified therapist. It is covered by insurance, including Medicare, because it is provided by a physical therapist, physical therapist's assistant, occupational therapist, or occupational therapist's assistant.

Continue reading to learn about the advantages of water treatment for a number of difficult chronic diseases. When you're finished, call our clinic to schedule an appointment with one of our trained aquatic therapists!

Common conditions an aquatic therapist can help with

Aquatic therapy is a type of aquatic physical therapy and aquatic occupational therapy treatment that takes place in water, generally in an in-clinic pool. It has soothing properties that can benefit you if you are seeking relaxation and pain relief.

Two of the most common conditions that aquatic therapists are experts at treating are back pain and balance issues.

Back pain

Back pain is one of the most commonly experienced conditions, and it can affect nearly anyone at any age. This kind of pain can form as a result of an injury, or simply

as a part of getting older. Back pain is often quelled with over-the-counter pain medications, but with the help of a knowledgeable aquatic therapist, you don't have to depend on pills to help you feel better.

As previously stated, our clinic believes in the healing magical properties of water. They are perfectly suited to treat back pain!

Only 20% of your weight is supported by your spine when you're in chest-deep water. This makes it much less painful and easier to exercise your back muscles. In the deepwater part of our program, we focus on the core while the patient wears a flotation belt and holds weights. If necessary, modest spinal traction can be used to relieve pressure between the vertebrae, which is common in the spine.

Balance and gait disorders

Balance disorders are rather common. Feeling imbalance is never pleasant, and it can put you at risk of falling and hurting yourself. Our clinic's aquatic therapy might help you improve your balance.

There is no risk of injury when completing standard land-based balance exercises in the water. You may sustain injuries such as a hip fracture if you fall on land. Not only do you have the support of a flotation belt in the water, but you also have the safety of the water if you lose your equilibrium! It's a win-win situation for everyone.

If you stumble, you will simply get wet instead of falling down and hurting yourself. Our therapists can identify at-risk patients and provide hands-on assistance when needed, so rest assured that you'll be taken care of!

Visit Us Online requestphysicaltherapy.com or

Call Gainesville: [\(352\) 747-9992](tel:(352)747-9992) or Tioga: [\(352\) 670-3461](tel:(352)670-3461)

COME ON IN, THE WATER'S FINE!



What makes aquatic therapy successful at decreasing pain?

You might be wondering, "What makes aquatic therapy so special? It's just water!" The truth is that this kind of therapy maximizes the magical properties of water, such as buoyancy, viscosity, and hydrostatic pressure.

Water reduces the amount of weight you're bearing on your joints and spine as you exercise. It also provides resistance and decreases inflammation, and improves circulation.

Our talented staff is skilled, licensed therapists that will focus your total body exercise program to reduce your pain. Our aquatic therapy program will improve your endurance, muscle strength, and balance.

Why should I see an aquatic therapist?

There are several reasons why you may want to go see an aquatic therapist at ReQuest Physical Therapy. Besides living with chronic conditions such as arthritis, tendonitis, bursitis, multiple sclerosis, stroke recovery, and joint disorders, you may have other common goals for your aquatic therapy treatment, such as:

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

If you're not sure whether or not aquatic therapy would be a good fit for you, you can always ask a ReQuest Physical Therapy therapist. They'd be more than happy to do a full assessment of your condition to determine the best plan of action for your therapy treatment!

Call our office today for an appointment

Our aquatic therapists are experts when it comes to improving your movement and easing your pain. If you're dealing with any kind of chronic pain condition, call our clinic to set up an appointment. There are so many different ways a therapist can help you find the relief you deserve, so come on in -- the water's fine!



OUR AQUATIC THERAPIST - LINDSEY



WHY REQUEST?

"My pool therapist, Lindsey, is wonderful! She is upbeat, friendly, caring, and provides excellent instructions."

— A.L.

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FREE BACK PAIN SCREENING

ReQuest

PHYSICAL THERAPY

CALL GAINESVILLE: (352) 747-9992 OR
TIOGA: (352) 670-3461 TO SCHEDULE!

Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.
Expires 07-23-23



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEW US
GAINESVILLE



REVIEW US
TIOGA

requestphysicaltherapy.com



EXERCISE ESSENTIALS

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Try this movement to stretch your neck

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



PT WIRED
www.ptwired.com

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

PEACH ICE CREAM

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE • MAKES 2 CUPS

Ingredients

- 1/2 C cashews (Use 1 cup if not using yogurt)
- 5 C ripe peaches, washed, halved and pits removed
- 1/2 C fat free plain Greek yogurt
- 1 ripe banana
- 1 tbsp. lemon juice
- 2-3 drops vanilla (optional)



Directions

Soak cashews in water for at least 30 min. Strain cashews from water.

Blend all ingredients in high powered blender until pureed. Note: For nice rich peach flavor, use 4 to 1 ratio of peaches to other ingredients.

At this point you can add the blended peach mixture to home ice cream maker to continue mixing and freeze. Or pour peach mixture into ice cube trays or popsicle mold. Place in the freezer until frozen.

Leftovers stored in the freezer will freeze solid because of the water content in the peaches. Allow a serving to thaw 5 minutes at room temperature before enjoying.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.

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FACTS ABOUT AQUATIC THERAPY AT REQUEST

Welcome to the Aquatic Therapy Program at ReQuest Physical Therapy!

Aquatic therapy has eased the rehabilitation process for so many individuals by reducing the effects of GRAVITY. Buoyancy is a force that acts in the opposite direction of gravity, which allows us to feel lighter in the water. This property of water reduces weight bearing on joints, adds resistance to movement, and supports our body. This helps to make exercise tolerable to get back to doing the things you love!

What can I expect?

- The warm therapy pool is located inside the indoor pool area of GHF.
- The water temperature of the warm pool is 92 degrees.
- Exercises are tailored to each individual based on your personal goals.
- Please arrive 15 minutes before your appointment to find parking, check in at GHF front desk, and change into pool attire.
- If you are sensitive to chlorine, please stop by the pool area before your first appointment to test out the water.

What do I bring?

- Bathing suit or clothes that can get wet - please note that chlorine levels may fade clothing.
- Towel
- Water shoes or sandals for around pool area/in pool.
- Water bottle
- Change of clothes and bag for wet clothes.

- Shower necessities if wanted.
- No need to bring noodles/aquatic exercise equipment unless you require something special.

Included with your pass for Aquatic Therapy:

- Access to the the GHF pool area for 30 days – includes cold plunge, warm pool, lap pool, whirlpool, sauna, steam room, and locker room areas.
- Free babysitting when the Kid's Club is open.

[CLICK HERE TO LEARN MORE ABOUT
AQUATIC THERAPY AT REQUEST](#)



"The warm pool was absolutely the best place to start and continue my therapy. I have gone from wheelchair and no weight bearing to walking.

The water exercises allowed me to move with confidence and safely and gradually increase my strength and mobility.

The therapist's patience, understanding, and positive encouragement keep me progressing." – P.K.

**POOL
THERAPY**

ReQuest
PHYSICAL THERAPY

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JULY

CLINIC NEWS

ReRequest
PHYSICAL THERAPY



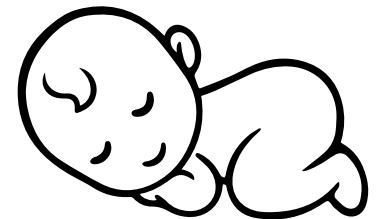
CLICK HERE
TO WATCH A VIDEO FROM
PINKFEST 2023!



CONGRATULATIONS!



A big congratulations to the Ko Family! Our PTA, Garreth, has a brand new addition - welcome to the world sweet baby Esther.



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