

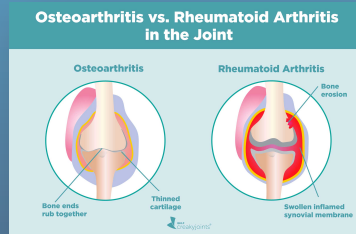
Aquatic Physical Therapy for Arthritis

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Osteoarthritis

Osteoarthritis is caused by wear and tear on joints



Rheumatoid Arthritis

Rheumatoid arthritis is an autoimmune disease in which the immune systems attack's the body's joints.

Osteoarthritis (OA) is one of the most prevalent musculoskeletal disorders seen in the elderly population. Individuals with OA usually complain of joint stiffness, joint pain, reduced physical mobility, weakness and difficulty performing activities of daily living including bathing, dressing and grooming.

Rheumatoid Arthritis causes increased swelling in joints affected. Aquatic physical therapy can help reduce swelling in joints and improve ROM due to effects of hydrostatic pressure of water.



The Population Reference Bureau estimates that in the next 4 decades, the elderly population will double, which means the number of individuals suffering from arthritis will also increase. Aquatic physical therapy can help alleviate or lessen symptoms and improve function. In fact, one study found that individuals participating in a 6-week aquatic physical therapy program had significantly reduced pain, improved strength, improved physical function and improved quality of life than those who did not participate (Hinman et al, 2007).

Rana S Hinman et al. Aquatic Physical Therapy for Hip and Knee Osteoarthritis: Results of a Single-Blind Randomized Controlled Trial, *Physical Therapy*, Volume 87, Issue 1, 1 January 2007, Pages 32-43, <https://doi.org/10.2522/ptj.20060006>

Benjamin Waller et al. Effect of Therapeutic Aquatic Exercise on Symptoms and Function Associated With Lower Limb Osteoarthritis: Systematic Review With Meta-Analysis, *Physical Therapy*, Volume 94, Issue 10, 1 October 2014, Pages 1383-1395, <https://doi.org/10.2522/ptj.20130417>

Hydroworx on OA: <https://www.hydroworx.com/research-education/additional-resources/osteoarthritis-warm-water-therapy/>



Why Choose Aquatic Solutions Physical Therapy?

Since water is buoyant, there is less pressure on joints during exercise, which can make water therapy more beneficial than land therapy. Individuals are able to tolerate increased exercise and movement, all while reducing further damage to joints when exercise is performed in water than compared to land (Waller et al, 2014).

Another reason to choose Aquatic Solutions Physical Therapy is because only one individual is in the tank at a time, allowing therapist's to provide one-on-one treatment. The tank is above ground, which means therapists are able to see all movements performed and provide better cues than if therapy were to be performed in a pool.