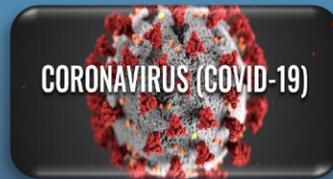


# Aquatic Physical Therapy Following Coronavirus (COVID-19)

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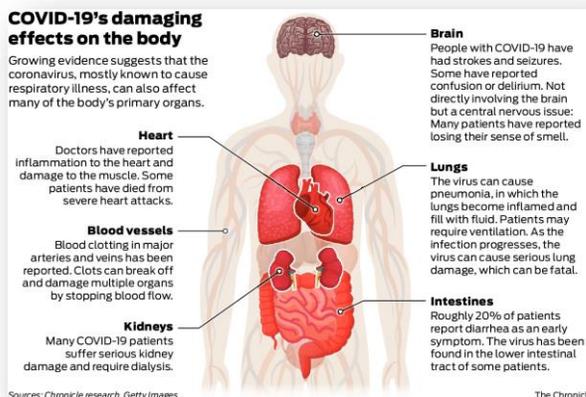
According to the CDC, *everyone* is at risk for contracting COVID-19.



According to the CDC, *older adults* and individuals with *underlying medical conditions* i.e. heart/lung disease or diabetes are at *higher risk* of developing more serious complications from COVID-19.

In many individuals, *COVID-19* can lead to *post intensive care syndrome (PICS)*, which includes symptoms of muscle weakness, difficulty with walking and balance, difficulty with activities of daily living including bathing and dressing oneself.

Following COVID-19, an individual can have severe damage to their lungs, making it difficult to breathe, resulting in poor endurance.



After prolonged hospitalization following further self-quarantine, many individuals are facing severe debility. By obtaining the proper type of treatment, including physical rehabilitation, individuals can regain their function and return to normal life.

“Physical Therapist Management of Patients With Diagnosed or Suspected COVID-19” <https://www.apta.org/PatientCare/COVID-19/PatientManagementAdult/>

For more information regarding Coronavirus, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



## Why Choose Aquatic Solutions Physical Therapy?

Water has as calming effect on the body, which helps to relax tissues and allow easier breathing.

Water is buoyant; therefore, less pressure is placed on joints during exercise, which can make water therapy more beneficial than land therapy. Individuals are able to tolerate increased exercise and movement.

Aquatic Solutions Physical Therapy provides 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.