

Aqua Aerobics

Mode of doing aerobic exercises in the water it starts with warm up followed by strengthening or endurance training program and ends by cooling phase. this is purely developing for cardiovascular endurance and used for specific weakness following neurological deficit.

Hydrotherapy Precautions & Contra-Indications

- Open infected wounds
- Skin infection
- Incontinence
- Kidney Disease
- Uncontrolled Heart condition & High Blood Pressure

Safety Rules for all Hydrotherapy Users

- Don't swim when hungry
- Don't eat food before or during a therapy session
- Don't go into the pool area without supervision of therapist

- Don't run on the poolside
- Do not behave in a manner likely to cause distress others
- Have a drink of water after therapy session to replace body fluids
- No jewellery should be worn during therapy session
- In the changing rooms help should always be available for assistance of changing dresses
- Keep an accident book and record any incidents



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HYDROTHERAPY



National Institute For Empowerment of Persons with Multiple Disabilities

(Department of Empowerment of Persons with Disabilities (Divyangjan))

Ministry of Social Justice & Empowerment, Govt. of India)

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East Coast Road, Muttukadu, Kovalam (P.O)

Chennai-603 112, Tamil Nadu

Phone: 044-27472113, 27472423, 27472104, 27472046

Fax: 044-27472389 Mobile: 94443 14716

For services and registration enquiry kindly email to

niepmdreception@gmail.com

Website: www.niepmid.tn.nic.in | E-mail: niepmd@gmail.com

Working Hours: Monday-Friday (9.00am - 5.30pm)

Holiday: Saturday, Sunday & All Central Govt. Holidays

Toll-Free No: 1800 425 0345

Kiran Mental Helpline Toll Free No: 1800 599 0019

HYDROTHERAPY

Hydrotherapy is a therapeutics method that uses water at different temperature. It involves a range of methods and techniques many of which use water as a medium to facilitate thermoregulatory reactions for therapeutic benefits

Who are all Benefits ?

- The elderly people those with painful and Arthritis joints
- Decreased function/weakness
- Poor tolerance and endurance for land exercises
- Chronic illness painful syndromes example fibromyalgia and back pain and Arthritis joints
- Those recovering from illness or surgery



Goals of Aquatic Therapy:

- It is designed to improve your maintain function
- Aerobic capacity and endurance conditioning
- Balance coordination and agility
- Body mechanics and postural stabilization
- Flexibility
- Gait and locomotion
- Muscle strength power

Indications:

- Rheumatoid arthritis
- Cerebral Palsy
- Peripheral edema
- Muscular Dystrophy
- Balance, Proprioception ,and Coordination deficits
- Osteoarthritis of Joints
- Post operative stiffness of joints
- Stroke
- Spinal Cord Injury
- Autism spectrum disorder

Benefits of Hydrotherapy

- Facilitate joint range of motion
- Initiate resistance training
- Facilitate weight bearing activities
- Enhanced delivery of manual techniques
- Provide three-dimensional access to the patient
- Facilitate cardiovascular exercises
- Minimize risk of injury or re-injury during rehabilitation
- Enhance relaxation

Methods of Training

- Water Specific Therapy(WST)
- The key points of therapy for facilitation and using Buoyancy or gravity depending depth of immersion
- It is used for paediatric cases,neuro cases like hemiplegia, Parkinson's, Guillain barre syndrome and Spinal cord injury cases
- 3 Postural control
- Core Stability
- Fall prevention

Bad Ragaz Ring Method (BRRM)

It is used and adapted with floating tubes at neck, Thorax, and and leg for the purposes of functional development of strength, it is an effective way of strengthening both proximal as well as distal stability and mobility of neuromusculo-skeletal problems.