

## Physiotherapy Regina

Physiotherapy Regina - Hydrotherapy exercises are a type of exercise or physical therapy done in water. Normally, this type of exercise regime is used in order to ease the stress that regular exercise places on the body. Several public pools offer these forms of 'Aqua Fit' classes for different ability levels and ages. Anybody could reap the benefits of aquatic therapy or hydrotherapy, although, often people who are older or heavier engage in these kinds of exercises. Hydrotherapy is extremely beneficial to those who are recovering from injury or live with chronic pain or different health problems.

Sessions of hydrotherapy exercises are carried out in warm-water pools and are useful for relieving muscle tension and joint pain. The water offers safe cushioning for stressed muscles and agile bones. The water could ease mobility and increase the body's range of motion. Various exercises could be performed; the ones chosen generally depend on the instructor or therapist and the nature of the patient's health issues.

For people who are suffering from obesity or overweight, hydrotherapy is a good exercise option and a helpful part to weight loss. As performing exercises in the water lessens the pressure which land exercises could cause on joints in obese patients, it is often suggested to patients who are on a weight reduction journey. The instructor usually begins by having the patients walk all-around on the pool floor. Vigorous leg kicks are added while holding onto pool wall or a kick board to be able to insure good balance. Arm movements are likewise included and various instructors introduce water weights. As body stamina and strength increases and weight reduction occurs, patients are typically able to increase endurance and carry out different hydrotherapy exercises as the sessions increase.

Hydrotherapy exercise could really benefit individuals suffering osteoarthritis and arthritis, by helping to increase the flow of synovial fluids. These fluids help joint mobility which is a key issue arthritis sufferer's experience. Hydrotherapy is normally performed in heated water as opposed to a luke-warm pool. The heated water helps to be able to relax tense muscles and loosen the joints and the ligaments.

Lots of physiotherapy establishments provide hydrotherapy in especially designed pools which have metal bars lining the sides. These bars enable the patients to maintain their balance by holding onto the rails while they perform a series of arm and leg lifts. Knee squats are one more exercise that could be performed in order to loosen the knee joints while enjoying the support of the water. Exercises are normally taught on a condition specific basis and can be modified to suit each person's specific needs. The exercises can be modified to decrease or increase intensity.

Hydrotherapy is not simply a type of exercise for older and heavier people. It is an excellent exercise option for those who are looking for an alternative type of exercise. Various fitness centers and gyms provide aquatic exercise classes as a part of their general membership. Nearly all hydrotherapy classes provide exercises in order to improve flexibility, cardiovascular strength and muscle tone. Whatever person can benefit from hydrotherapy exercises, especially those people who suffer from old sports injuries or any type of joint weakness.