



# now offering aquatic therapy



## BENEFITS

Aquatic Therapy can help...

- Lower back pain
- Arthritis
- Difficulty walking or weight bearing limitations on a leg
- Fibromyalgia
- Post hip or knee joint replacements
- Pregnancy related muscle pain
- Unsuccessful trials of land-based therapy

It makes doing therapy  
a little easier, less painful,  
and more fun!

## HOW IT WORKS

It's more than doing physical therapy  
in a swimming pool.

Aquatic Therapy takes advantage of the unique properties of water so that exercises and therapy techniques can be done without compression forces (such as gravity) that affect or hinder routine land-based programs.

The buoyant effect of water supports your weight, reduces stress on joints, and makes exercise easier. It **increases circulation, improves movement control, strengthens muscles,** and **reduces pain.** The natural pressure of water may also **reduce joint and soft tissue swelling.**



We provide **one-on-one, safe, hands-on, customized treatment sessions** in a **warm, relaxed environment** to help you get better.

Knowing how to swim is NOT a requirement!

**Ask your doctor if aquatic therapy is right for you.**

For more information, call **(765) 660-7990**

**www.mgh.net**

