

Soundbite script – Splashing into aquatic therapy

Nicole Bartoszek, physical therapist assistant, OSF HealthCare

“The biggest benefit of water exercise is there's hydrostatic pressure when you're submerged into the water. So, what that does is increase blood flow to the muscles and increases blood flow to the joints which also helps with ease of exercise.” (:13)

Nicole Bartoszek, physical therapist assistant, OSF HealthCare

The people who benefit the most from aquatic therapy have bad arthritis and have a hard time with weight bearing issues on land. In the pool they're more buoyant and that can take more pressure off their joints. Some people with mild COPD or blood pressure, hypertension issues can benefit from increased cardiac output from the hydrostatic pressure on the body. It also can help with swelling and edema. We also work with people who are trying to return to sports using plyometric exercises, which are easier on the joints in the water.” (:34)

Nicole Bartoszek, physical therapist assistant, OSF HealthCare

“It's important to do group therapy to have that support system. People like to communicate and visit and socialize while they're in the pool and have that camaraderie when they're exercising in a relaxing environment.” (:16)

Nicole Bartoszek, physical therapist assistant, OSF HealthCare

“It's a good medium to work in and especially with people who are high risk for falls and balance because you have the buoyancy of the water to help with that. And if there's someone who has a really hard time or is in pain, and has a hard time exercising on land, a pool is a good alternative because it's so much easier on the joints and the warm water helps with relaxation and pain.” (:23)