

## **Script – Broadcast – Splashing into aquatic therapy**

### **INTRO**

The harsh reality of a typical Midwestern winter is upon us. While mounds of snow and brutal temperatures sit outside our door, that's no excuse to not take care of physical ailments that can benefit from aquatic physical therapy.

Working with an experienced therapist in a pool, patients who require aquatic therapy may experience ease of movement without pain, relaxing muscles, increased strength and better endurance – all of which can help the spine and joints and improve lung performance.

Nicole Bartoszek is a physical therapy assistant with OSF HealthCare. She says therapy in a pool offers more buoyancy, which means less pressure on the joints. And warm water can help when it comes to relaxation and decreasing blood pressure.

**(((SOT)))**

**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)

### **VO**

There are many people who benefit from water therapy including stroke patients, people with balance or gait issues and children experiencing sensory processing disorders.

Bartoszek sees many people who are dealing with mobility, pain, weakness and cardiovascular function issues. Another benefit to aquatic therapy is patients do not have to worry about getting injured while falling, which can be an issue during land therapy for those with balance issues.

### **TAG**

Among the most common exercises offered in aquatic therapy are gentle stretching and floating exercises, strengthening work, balance training and cardiovascular conditioning.

And people are seeing good results. One [study](#) published in *JAMA Network Open* found patients with low back pain reported better outcomes with aquatic therapy than other modalities when it came to pain relief, better sleep and improved quality of life.

Bartoszek adds that aquatic therapy is a great start for people who want to continue water exercise. Check your local resources for group aquatic classes that are available in your community.