

Editorial

Article #1: Hydrotherapy



If you are looking for balance and strength together with relaxation therapy, hydrotherapy is suitable for you. It's more than just swimming. It is very beneficial and suitable for all ages from toddler to elderly and different kind of conditions such as musculoskeletal & neurological.

What is hydrotherapy or aquatic therapy? It is a type of physical therapy performed in a pool or aquatic environment for relaxation, fitness, physical rehabilitation and other therapeutic benefits. The buoyancy of the water reduces joint compression and eases movement as contrasting to land especially for people who are suffering joint pain such as arthritis.

The warmth of water in pool increases blood circulation which helps to reduce pain and relax the muscles. It is very beneficial for adults who are recovering from different types of sport injuries as it allow them to get back to their sports as soon as possible. Other therapeutic

benefit is it relieves stress as hydrotherapy stimulates body releases chemicals called endorphin which trigger feeling of positive and happiness.

For children, it benefits to those who is suffering from autism, cerebral palsy, muscle weakness and abnormal tone. Our physiotherapist incorporate play therapy into the hydrotherapy sessions in order to promote interaction or social skill of the patient and to ensure the patient enjoys the session.

Hydrotherapy is very beneficial for elderly who is suffering from balance issue, muscle weakness, poor exercise tolerance, and many other conditions. The warmth & buoyancy of the water relaxes the muscles and reduce joint compression. This allow the patient to move and exercise PAIN FREE. It also provide a SAFE environment for the elderly to perform exercise.

Hydrotherapy or aquatic therapy is available at WQ Park Health and Rehabilitation Centre. Both our centres (Kelana Jaya & Sri Rampai) are equipped with hydrotherapy pool and all our hydrotherapy sessions are conducted by certified physiotherapist.

By : Andrew & Aini of WQ Park's Physiotherapists

