

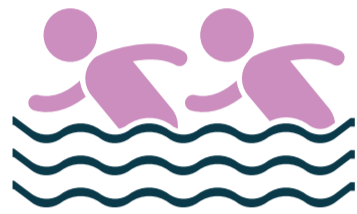
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facts about aquatic physiotherapy



1

Aquatic HIIT increases exercise capacity for people with chronic conditions



In people with chronic musculoskeletal, respiratory, cardiovascular, metabolic or neurological conditions, the benefits of aquatic HIIT include:

- high adherence rates to programs
- variable programs targeting upper and lower body exercises, stationary running, cycling, jumping, deep water running, swimming and resistance boots/fins
- may be more feasible and enjoyable exercise due to support from buoyancy addressing barriers like weakness or pain.

2

Aquatic physiotherapy improves balance in stroke survivors



Evidence-based aquatic interventions:

- lead to carryover to improvements in land-based balance tests
- may be assisted by a reduced fear of falling.

3

Stroke survivors perceive that aquatic therapy enables function



Physical and mental benefits were perceived to include:

- a safe environment that enables mobility and contributes to functional gains on land
- improvements in both social function and mental health parameters.

4

Aquatic exercise promotes cerebral blood flow and brain health



The effects of aquatic exercise can include:

- reduced risk of neurodegenerative diseases including dementia
- enhanced brain plasticity
- reduced cognitive decline
- improved brain health.

5

Children with ADHD benefit from aquatic exercise



Aquatic exercise programs can lead to:

- improved attention and cognitive flexibility
- enhanced cognitive engagement while paying attention to constant environmental fluctuations
- greater motor skill development, due to the supportive and resistant buoyant environment.

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