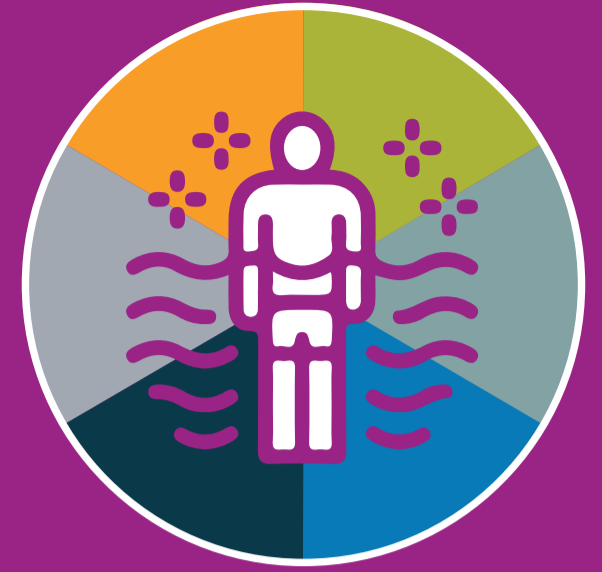


5

facts about aquatic physiotherapy



1



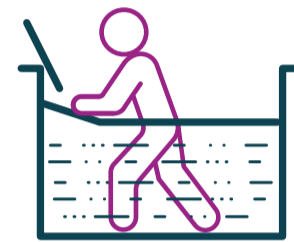
Aquatic plyometric training is effective in improving strength, jumping and sprinting

A systematic review revealed that compared to land plyometric training, aquatic plyometric training resulted in similar improvements in:

- isokinetic knee strength
- vertical jump
- sprinting.



2



Aquatic physiotherapy is beneficial for improving balance and decreasing fear of falling in people with Parkinson's disease

Compared to land-based therapy, aquatic physiotherapy is more beneficial in:

- improving scores in the Berg Balance Scale, the Time Up and Go Test
- improving postural sway
- reducing fear of falling
- improving health-related quality of life.



3



Aquatic physiotherapy is effective in improving cardiovascular fitness in stroke survivors

A systematic review found that in comparison to land-based interventions, aquatic physiotherapy:

- was more effective in improving cardiorespiratory fitness after stroke in both the subacute and chronic stroke populations.



4

Aquatic physiotherapy is effective in improving the strength of the paretic knee in stroke survivors

Aquatic physiotherapy may be a beneficial adjunct to land-based therapy by improving:

- knee extensor strength
- knee flexor strength
- overall function.

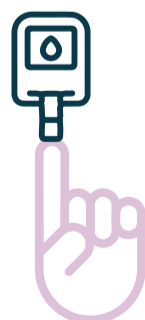


5

Aquatic physiotherapy increases fitness and strength in people with type 2 diabetes

Aquatic physiotherapy provides an effective, low-impact exercise option that improves:

- aerobic fitness
- leg strength
- glycaemic control
- vascular function.



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