

Exercises in Hydrotherapy

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Hydrotherapy: The term hydrotherapy can be applied to any cryotherapy or thermotherapy technique that uses water as the medium for tissue temperature exchange.

Exercise in Hydrotherapy:

Mobility and Functional Control Exercise Aquatic exercises, including flexibility, strengthening, gait training, and relaxation, may be performed in temperatures between 26⁰C and 33⁰C

Therapeutic exercise performed in warm water (33⁰C) may be beneficial for patients with acute painful musculoskeletal injuries because of the effects of relaxation, elevated pain threshold, and decreased muscle spasm.

Aerobic Conditioning:

Cardiovascular training and aerobic exercise should be performed in water temperatures between 26⁰C and 28⁰C. This range maximizes exercise efficiency, increases stroke volume, and decreases heart rate.

Intense aerobic training performed above 80% of a patient's maximum heart rate should take place in temperatures between 22⁰C and 26⁰C to minimize the risk of heat illness.

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