

## Making Exercise Fun and Pain-Free with Aquatic Therapy



<https://www.istockphoto.com/photo/senior-man-doing-physical-therapy-in-the-water-gm1213902566-352982750>

### Aquatic therapy is a fun form of water exercise

#### Key Takeaways:

- Aquatic therapy can help you get physically fit
- It is useful for a variety of medical conditions
- Aquatic therapy can help you recover from many kinds of surgery
- The water's buoyancy can ease symptoms of arthritis
- There are a variety of fun exercises you can do underwater

Did you know you can use your swim spa for [your own 24/7 gym membership](#)? Many swim spa owners know the [benefits of swim spas](#), like relaxation and having a good time. But you can use your swim spa

to help with various medical conditions? Aquatic therapy takes advantage of water's properties to help you in gentle ways, with no impact on your joints.

But aquatic therapy can be useful for a variety of reasons. This article will help you understand what aquatic therapy is, some of its benefits, and exercises you can use in your swim spa!

### **What is aquatic therapy?**

[Aquatic therapy](#) is exercising underwater. Because of the support water gives the human body., exercising underwater eliminates strain and stress on your joints and ligaments. It also reduces inflammation. Underwater exercises help build muscle and stamina while reducing the risk of exercise-related injuries.

### **Benefits of aquatic therapy**

Aquatic therapy's big benefit is water buoyancy. Exercises on land put a lot of strain on joints and ligaments. Because the water supports your weight, you are under less stress than land exercises.

This water buoyancy can serve you in an important second way. The water's resistance can help you begin to build your muscles. You can begin strength training underwater without any need for weights or additional equipment.

You can also use aquatic therapy to reduce swelling in your joints. "Hydrostatic pressure" gives you increased joint awareness. Your [proprioception](#), or awareness of your body's movements and position, is improved. Hydrostatic pressure also helps you decrease joint and soft tissue swelling associated with many forms of arthritis.

### **Who can benefit from aquatic therapy?**

If you have arthritis, aquatic therapy is a great way to get moving while decreasing any discomfort you normally feel when exercising. Feeling less pain will make it easier to stay motivated to get your workouts done!

Aquatic therapy is also ideal for people recovering from bone fractures. Being underwater protects you from re-injure yourself, making additional injuries less likely.

Has your doctor told you to lose weight? Aquatic therapy can be an enjoyable way to get started with a fitness plan. Extra weight puts a great deal of pressure on bones, joints, and ligaments during everyday life.

Many exercises that increase this strain on land can be used to begin an exercise program without increasing pain while underwater. If you have not exercised in many years, it's an ideal way to begin forming new, healthier habits.

Are you recovering from surgery? Aquatic therapy can help you recover from back, hip, knee, shoulder, and ankle surgeries. You will be able to walk with less pain or difficulty.

Aquatic therapy can be useful for promoting a healthier lifestyle and recovering from injuries. But what kind of exercises can you do underwater?

### **What kind of aquatic therapy exercises can I try?**

There is an almost limitless selection of underwater exercises. While this article does not have the space to detail them all, below are five exercises to get you started. As always, refer to your physician before beginning any physical fitness activities.

#### **1. Aqua jogging**

Aqua jogging gets your heart pumping faster and helps increase blood flow throughout your body. It's the perfect form of low impact exercise!

Aqua jogging can be very simple. You can merely jog your way from one end of your swim spa to the other. You can also simply walk from one end to the other. Want to stay in one spot? March, jog, or walk in one place.

Aerobic exercises are intended to get your heart rate up. If you find your form of aqua jogging too easy, you'll need to step it up to get aerobic benefits from this exercise.

#### **1. Flutter kicking**

Another fun yet low-impact exercise is flutter kicking. You can do it with or without a kickboard. Since this is an aerobic exercise, the main idea is to get your heart rate to increase. This helps your cardiovascular health.

If you use a kickboard, uphold it with your arms straight in front of you. Flutter kick your legs to move from one end of the swim spa to the other. If you don't have a kickboard, simply hold on to the edge of your spa. Flutter kick in place to give yourself a fun aerobic workout in place.

Keep in mind your tempo. You'll want to maintain a steady pace. Aerobic activity is important, but you don't want to get tired too quickly.

#### **3. Leg lifts**

This fun exercise is great for building muscle strength. While standing in one place, stand straight. Lift one leg as high as you can to one side. Lower and raise the leg several times until you get tired. Then switch and start working your other leg.

This exercise works your leg muscles and helps you improve your balance. It also helps strengthen your core, giving you a great lower body workout without the pain of impact or worry about hurting yourself with weights.

#### **4. Standing water push-ups**

Want a great upper body workout without the joint pain? Try water push-ups! Grasp one side of your swim spa, with your hands slightly wider than your shoulders. Lean in as you bend your arms. Push yourself back out. Keep going slowly until you feel your arms getting tired. When starting this exercise, go slowly. Take your time to understand your limits.

#### **5. Arm curls**

Want to tone your arms? Water curls offer your arm muscles resistance and help build your strength. To do this exercise, stand in the middle of your swim spa. Hold your arms at your sides under the water surface with your palms facing out. Curl your arms up at your elbows, then down. Keep going until you feel tired. If you want more resistance, you can add water weights to this exercise.

#### **Get your exercise game on with aquatic therapy!**

Ready to add a low-impact, enjoyable form of exercise and therapy to your backyard? Aquatic therapy is a fun way to recover from surgery, get physically fit, or just stay in shape. It's all possible with your swim spa!

If you have not yet experienced the benefits of owning your swim spa, why not contact us, while you're thinking about it? You can [schedule a visit](#) to our factory or speak to one of our helpful team members today!

\*\*\*\*\*

#### **For publishing:**

**Page Title:** Aquatic Therapy Exercise Program

**Meta Description:** Do you suffer from arthritis? Your swim spa can give you a fun, low-impact form of exercise anytime. Read on for aquatic therapy benefits and exercises.

**Permalink:** aquatic-therapy

**Keywords:** aquatic therapy, benefits of hot tubs, hot tub health benefits

**Image Alt Text:** A person enjoying aquatic therapy in their swim spa

