

revolutionising rehabilitation

BENEFITS OF AQUATIC THERAPY!

"Gentle and soothing with no stress on joints or bones
... aquatic therapy is one of the best."

Aquatic therapy, also called hydrotherapy, is a great alternative to traditional physical therapy. The buoyancy of water decreases the weight and stress on the joints, encouraging freedom of movement. Movement and functional activity are more comfortable in water because the pull of gravity on the body is not as strong as on land. Water supports the body, reduces joint stress, and provides resistance and assistance to movement, allowing improved mobility, strength and function. Water provides a number of unique properties making it an excellent environment for rehabilitation.

- **Increased cardiovascular function**
Resistance of the water aids in controlled conditioning
- **Reduced stress on joints**
Buoyancy reduces the stressful effects of gravity on the body
- **Improved muscle strength and tone**
Resistance of the water aids in gentle muscle strengthening
- **Increased range of motion and flexibility**
The support of the water allows effective stretching
- **Increased balance and coordination**
Balance can be challenged in a safe environment
- **Pain modulation**
Turbulence and the support of the water decrease pain
- **Decreased edema**
The hydrostatic pressure of water decreases swelling
- **Improved posture and trunk stability**
- **Promotes relaxation**
- **Improved metabolism and calorie burn for weight control**
- **Increased circulation**
Hydrostatic pressure increases venous blood return to the heart
- **Respiratory benefit**
Hydrostatic pressure offers resistance around ribcage during respiration
- **Improved kidney function**
Increases blood flow to kidneys, renal clearance and diuretic effect



BY APPOINTMENT ONLY!
Call: 1-868-655-5132
A referral letter is compulsory.

**DOWNLOAD OUR
BROCHURE**



www.katrinatherapy.com

revolutionise | rehabilitate | rejuvenate



Katrina
THERAPY CENTRE

T • R • I • N • I • D • A • D

18 Marcano Avenue
Manahambre Road, Princes Town
Trinidad, West Indies
1-868-655-5132

THE KATRINA THERAPEUTIC POOL

The indoor Katrina therapeutic, saltwater pool is heated and fitted with stainless steel handrails and safety coping tiles.

It was designed specifically with two distinct platforms to boost neurological and non-weight bearing, orthopedic protocols which treats and conditions both the upper and lower extremities.

The Katrina therapeutic saltwater pool, also equipped with a patient lift, a ceiling mounted system, a jet propulsion system (400gpm that creates an infinite pool for swimming), an underwater treadmill, a functional performance grid, a built-in graduated step station with rest area and a slant board, enhances the treatment and early recovery of our patients.

CALL

OR

VISIT

