



## Peak Physical Therapy and Wellness Newsletter

# AQUATIC EXERCISE IS BETTER THAN LAND EXERCISE FOR PAIN WITH KNEE OA

### Coming Soon

*The benefits of manual therapy treatment.*

A patient that steps into water waist deep becomes 50 percent lighter. Increase the depth up to the neck (C6) and the patient's apparent weight is 10 percent of that on land. Buoyancy has some real benefits for patients with knee osteoarthritis. A study performed in 2001 concluded the following: "Subjective pain levels were significantly less in the aquatic group when compared with the land-based group." They also noted that both land and aquatic-based programs are beneficial for patients with OA of the knee but those patients in the water had less pain.

Wyatt FB, Milam S, Manske RC, Deere R. The effects of aquatic and traditional exercise programs on persons with knee osteoarthritis. J Strength Cond Res. 2001 Aug;15(3):337-40.



Aquatic therapy has many other advantages over land therapy. Put a patient in aquatic therapy and they no longer have a fear of falling. Turbulence and water viscosity challenge a patient to maintain their balance and offer the element of resistance. Hydrostatic pressure can assist with venous return in the extremities as well. Finally, the warmth of the aquatic environment is very soothing to many that suffer from arthritis pain.

In summary, aquatic therapy allows us to utilize the following properties of water:

- » Buoyancy
- » Viscosity
- » Turbulence
- » Water temperature
- » Hydrostatic pressure

Aquatic therapy is a great alternative for many that suffer from arthritis pain which results in weakness, fear of falling, and limited function.

### Our Services

Sports Medicine  
Spine Care Program  
Orthopedic Rehab  
Post Surgical Rehab  
Neurological Rehab  
CardioPulm. Rehab  
Gait/Balance Program  
Work Related Rehab  
Computerized Gait  
Transitional Fitness  
Personal Training  
Massage Therapy  
Wellness Coaching

### Clinics

#### Peak Physical Therapy and Wellness

99 Longwater Circle  
Ste 201  
Norwell, MA 02061  
781-347-4686  
781-347-4696 (fax)

#### Peak Physical Therapy and Wellness

10 New Drift Way  
Ste 303  
Scituate, MA 02066  
781-378-2352  
781-378-1760 (fax)

#### Peak Physical Therapy and Wellness

15 Pacella Park Dr.,  
Ste. 110  
Randolph, MA 02368  
781-986-0990  
781-986-0991 (fax)

*"Subjective pain levels were significantly less in the aquatic group..."*