



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness

REQUEST YOUR  
APPOINTMENT TODAY!



## *Benefits of Aquatic Therapy For Chronic Pain*

**INSIDE:**

WHY YOU SHOULD SEE AN AQUATIC THERAPIST  
HEALTHY RECIPE | PATIENT SUCCESS STORY



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness



## BENEFITS OF AQUATIC THERAPY FOR CHRONIC PAIN

Are you fed up with your pain or weakness? Is it becoming increasingly difficult to walk, bend, and stand? Is doing housekeeping or running errands around town becoming more difficult? Have you tried everything to tackle these issues and come up with a solution that doesn't work?

If you answered yes to any or all of these questions, water therapy at (First Colony Aquatic and Rehabilitation Center & Sports Therapy might be a good fit for you!

Aquatic therapy is a type of rehabilitation that takes place in the water. It differs from aqua fitness in that it is carried out by a certified therapist. It is covered by insurance, including Medicare, because it is provided by a physical therapist, physical therapist's assistant, occupational therapist, or occupational therapist's assistant.

Continue reading to learn about the advantages of water treatment for a number of difficult chronic diseases. When you're finished, call our clinic to schedule an appointment with one of our trained aquatic therapists!

### COMMON CONDITIONS AQUATIC THERAPY CAN HELP WITH

Aquatic therapy is a type of aquatic physical therapy and aquatic occupational therapy treatment that takes place in water, generally in an in-clinic pool. It has soothing properties that can benefit you if you are seeking relaxation and pain relief.

Two of the most common conditions that a physical therapist in an aquatic setting are experts at treating are back pain and balance issues.

### Back pain

Back pain is one of the most commonly experienced conditions, and it can affect nearly anyone at any age. This kind of pain can form as a result of an injury, or simply as a part of getting older. Back pain is often quelled with over-the-counter pain medications, but with the help of a knowledgeable therapist, you don't have to depend on pills to help you feel better.

As previously stated, our clinic believes in the healing magical properties of water. They are perfectly suited to treat back pain!

Only 20% of your weight is supported by your spine when you're in chest-deep water. This makes it much less painful and easier to exercise your back muscles. In the deepwater part of our program, we focus on the core while the patient wears a flotation belt and holds weights. If necessary, modest spinal traction can be used to relieve pressure between the vertebrae, which is common in the spine.

### Balance and gait disorders

Balance disorders are rather common. Feeling imbalance is never pleasant, and it can put you at risk of falling and hurting yourself. Our clinic's aquatic therapy might help you improve your balance.

Aquatic therapy holds immense promise for individuals struggling with balance and gait disorders. The unique buoyancy of water provides a safe and supportive environment for improving balance. In the water, individuals can perform exercises with reduced fear of falling, enabling them to focus on improving their coordination and stability. The resistance

COME BACK TO PHYSICAL THERAPY | [SUGARLANDPT.COM](http://SUGARLANDPT.COM)

# JUMP ON IN, THE WATER'S FINE!



of water adds an extra layer of challenge, helping to strengthen muscles crucial for maintaining balance and enhancing proprioception, which is essential for steadier gait.

Moreover, aquatic therapy can significantly enhance gait patterns. Regular aquatic therapy sessions can help individuals regain confidence in their walking abilities and make significant strides towards improved mobility, ultimately enhancing their overall quality of life.

## WHAT MAKES AQUATIC THERAPY SUCCESSFUL AT DECREASING PAIN?

You might be wondering, "What makes aquatic therapy so special? It's just water!" The truth is that this kind of therapy maximizes the magical properties of water, such as buoyancy, viscosity, and hydrostatic pressure.

Water reduces the amount of weight you're bearing on your joints and spine as you exercise. It also provides resistance and decreases inflammation, and improves circulation.

Our talented staff is skilled, licensed therapists that will focus your total body exercise program to reduce your pain. Our aquatic therapy program will improve your endurance, muscle strength, and balance.

## WHY SHOULD I SEEK AQUATIC THERAPY?

There are several reasons why you may want to seek aquatic therapy at First Colony Aquatic and Rehabilitation Center & Sports Therapy. Besides living with chronic conditions such as arthritis, tendonitis, bursitis, multiple sclerosis, stroke recovery, and joint disorders, **you may have other common goals for your aquatic therapy treatment, such as:**

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

If you're not sure whether or not aquatic therapy would be a good fit for you, you can always ask a First Colony Aquatic and Rehabilitation Center & Sports Therapy therapist. They'd be more than happy to do a full assessment of your condition to determine the best plan of action for your therapy treatment!

## CALL OUR OFFICE TODAY FOR AN APPOINTMENT

Our aquatic therapists are experts when it comes to improving your movement and easing your pain. If you're dealing with any kind of chronic pain condition, call our clinic to set up an appointment. There are so many different ways a therapist can help you find the relief you deserve, so come on in -- the water's fine!

*Scan The QR Code To View  
A Video And Learn More  
About Aquatic Therapy!*



GET STARTED ON YOUR RECOVERY TODAY!  
CALL SUGAR LAND AT **281.226.9802**  
ROSENBERG AT **281.559.7429** OR  
SPORTS THERAPY CENTER AT **281.980.2997**

OR VISIT OUR WEBSITE  
AT **SUGARLANDPT.COM**

**REQUEST YOUR  
APPOINTMENT TODAY!**



FirstColonyAquatic  
and Rehabilitation Center

# 19TH ANNIVERSARY

SOME OLDIES BUT GOODIES FROM 2004 AND 2009



## HEALTHY RECIPE PEANUT BUTTER OAT BALLS



### INGREDIENTS

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini baking M&M's or mini chocolate chips

**INSTRUCTIONS:** Mix all the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes, or until chilled enough to roll into balls without being too sticky.

When chilled and not as sticky, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set.

Can now place balls in an airtight container in the refrigerator and eat at your leisure. Enjoy!

## PATIENT SUCCESS STORY

My doctor ordered me aqua therapy for my back after surgery. And he recommended this place because his patients told him about it and it is close to me. I started with aqua therapy then moved to land. I can tell you I am almost pain free. This place is the place to go if you have physical problems. First the people at the front desk are very nice and helpful. The facility is very clean and well equipped. The people that work there are very knowledgeable and professional. Not talking about my therapist Yen, she is always happy with a smile, caring, knows exactly what she is doing, very helpful and helped me so much to overcome my pain. I recommend this place very much. **-Dima C.**

VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT!  
AT [SUGARLANDPT.COM](http://SUGARLANDPT.COM)



SCAN THE QR CODE TO  
READ MORE PATIENT  
TESTIMONIALS

