

Human Services Therapy Pool Schedule

Definition of Terms

<p>Aqua Yoga</p>	<p>Aqua Yoga is a fun and effective practice that adapts traditional Yoga postures to an aquatic environment. From a physical standpoint water causes less stress on the joints and students are able to experience postures they may be unable to achieve on land. The resistance of the water creates more opportunity to build strength and students to achieve a greater range of motion, increasing muscle flexibility. From a mind-body standpoint water is very comforting and nurturing. Yoga improves the mind-body connection and enhances relaxation and readies our minds for a deeper meditative experience. It has been linked to decreased stress, heart rate, blood pressure, fatigue and depression – and a lower risk of all the diseases that accompany these risk factors. Many Yogis find better sleep, more confidence, a more positive outlook on life, improved moods, and fewer addictive behaviors than they experienced prior to engaging in Yoga.</p>
<p>Arthritis</p>	<p>The Arthritis Class is a recreational exercise program developed by the Arthritis Foundation to help individuals with Arthritis and other related conditions. The activities and exercises are designed to encourage self care, social interaction, improve muscle strength and flexibility. Each participant works at his or her own fitness level. Modifications are given for each exercise to help individuals customize the program to fit their needs. This program is an excellent post therapy class or post surgery class as it focuses on muscle strengthening and flexibility.</p>
<p>Liquid Strength</p>	<p>The Liquid Strength program is to provide participants with water resistance training. Participants will spend 60 minutes working in the water on range of motion activities and resistance training. This class is open to individuals of all ages and varying abilities especially those with mobility impairments.</p>
<p>Nora's Water Exercise Class</p>	<p>Nora's Water Exercise class begins with warm-up exercises to get participants acclimated to the water. After the warm-up the exercises become more vigorous to work the large muscle groups. Toning exercises and resistance stretches are varied to keep the exercises fresh and invigorating. The goal is to increase participants muscle tone, cardio benefits, and to help them achieve their personal health goals.</p>
<p>Sculpt & Splash</p>	<p>Sculpt and Splash is a 50 minute class for people of all fitness levels. The participants will use a variety of equipment (noodles, weights, bands etc.) and focus on cardio endurance, muscle strengthening and resistance training, challenging their muscles in new and fun ways.</p>
<p>Self Directed Therapy</p>	<p>Self Directed Therapy is defined as a time in which there are no scheduled programs taking place. This time is reserved for qualified individuals to complete any exercises as directed by their physician that they know how to do and can complete on their own. Individuals wishing to use the Therapy Pool during this time must have a doctor complete a Self Directed Therapy Verification form and have it on file.</p>
<p>Sport and Spine Physical Therapy</p>	<p>Our objective is to provide physical therapy programs in a professional and enjoyable setting. We assess each patient's unique condition and design the appropriate level of orthopedic, sports or industrial therapy programs. Our objective is attained through the use of manual therapy techniques, unique exercise programs and patient education. No two patients' will have the same rehabilitation program. Each program is finely tailored to the patient's need to ensure their function and fitness for life. Get more information www.sportspine.com or call 440.262.6126</p>