



Santa Clarita Valley  
Therapy Services



# WHAT ARE THE BENEFITS OF AQUATIC THERAPY?

Read more inside on how to prevent back pain, the correlation between exercise and pain relief, and how we're keeping your health in mind!

[SCVTherapyServices.com](http://SCVTherapyServices.com)

Give us a call today at (661) 284-1984



## WHAT ARE THE BENEFITS OF AQUATIC THERAPY?

Aside from alleviating pain and speeding recovery, aquatic therapy has a number of other benefits, as well, including:

- **Begin Recovery Sooner:** Aquatic therapy allows patients to begin therapy sooner than land-based therapy allows.
- **Less Joint Stress:** Aquatic therapy allows for walking, running, and various movement activities without full weight-bearing.
- **Maximize Movement:** The resistance of the water allows patients to maximize each and every movement in a nearly pain-free environment. This also gives patients a great aerobic workout.
- **Hydrostatic Pressure:** The hydrostatic pressure of the water allows for decreasing edema in the extremities.
- **Relaxation:** Aquatic therapy decreases muscle tension and allows for a better relaxation response. And so much more!

### Aquatic Therapy Will Get You Moving Again

Do you find yourself not as active as you used to be? As you age, you lose muscle and bone mass leading to the development of problems such as back pain, arthritis or osteoporosis. This makes it harder to do normal everyday activities like squatting down, getting out of bed, walking and more.

Regular exercise and physical therapy slow the loss of muscle mass, strengthens bones and reduces joint or muscle pain. In addition, physical therapy improves mobility and balance, which reduces the risk of falling as you age or suffering a serious injury.

Scientists used to think that strenuous exercise was the only way to improve your health. However, new research suggests that just 30 minutes of moderate physical activity provides most of the health benefits needed. Moderate intensity is best, but even low-intensity activity is better than nothing. While some people may enjoy participating in a regularly scheduled exercise class, others may find it easier to just increase their daily activities, like walking.

# IT'S NEVER TOO LATE TO START MOVING



Physical activity is important and can help you live independently for as long as possible. However, if you have chronic aches and pains, it can be difficult to exercise. This lack of physical activity can make the condition worse and more difficult to live with. This is where aquatic therapy can really help you. Aquatic therapy offers a very safe environment in order for you to get your body moving again. The temperature of the water helps to reduce inflammation and pain. It also provides benefits to many of your other organs as well. Not only do we relieve your aches and pains quickly, but we can also help you maintain your new pain-free mobility.



Our knowledgeable physical therapists are experts in muscle and joint problems, helping you return quickly to normal pain-free function. At Santa Clarita Valley Therapy Services we listen to you and create custom aquatic therapy programs and hands-on treatments that alleviate your pain, improve balance, improve movement and walking while getting you back to doing normal everyday tasks with a healthier outlook on life. Call us today or go online to learn more!

## Our Aquatic Therapy Program Helps Our Patients Recover Faster!

When it comes to Aquatic Therapy, Santa Clarita Valley Therapy Services is proud to take our rewarding methods of therapy into the water. We provide our patients with the best in aquatic therapy. The buoyancy, support and accommodating resistance of water enhance exercise and create a safe environment for progressive rehabilitation. The temperature of the water prompts muscle relaxation, facilitates stretching and generally reduces the sensation of pain. **Some of the benefits include:**

- Improve Strength and Endurance
- Increase Range of Motion
- Normalize Muscle Tone
- Improve Balance and Coordination
- Protect Joints During Exercise
- Improve Circulation
- Decrease Swelling
- Reduce Stress
- Moderate Body Temperature



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Life is too short to not feel your best. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](http://SCVTherapyServices.com) today!

## EXERCISE & PAIN RELIEF

If you have back or joint pain, there are probably sometimes when all you want to do is lay in bed all day. It's tempting, but it might make the problem worse. Doctors used to prescribe bed rest for back pain and other chronic pain conditions, but studies have found that people who exercise and stay flexible manage their pain much better than those who don't.

If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance. Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a professional physical therapist show you what is appropriate to do given your condition.

### Here are 7 exercises/activities you should do to alleviate pain:

1. Walking
2. Swimming
3. Yoga
4. Tai Chi
5. Pilates
6. Stretching
7. Aerobics

If you are suffering from pain, we want to help!  
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### JEY LEE, PTA

**Education:** Associate degree in Physical Therapy Assistant - Casa Loma College, CA

**License:** CA License - Physical Therapy Assistant

Jey graduated from the Casa Loma College in CA with an AA degree in Physical Therapy Assistant program. He is licensed in CA as a Physical Therapy Assistant and specializes in Aquatic Therapy. Jey has experience providing care for Skilled Nursing Facility and Outpatient setting patients. He is excited to be part of the SCV Therapy Services team.

Jey spends time with his family traveling, going to beaches, and playing games. Jey also enjoys hiking with his co-worker, John, at local hiking trails.



"I am so thankful for Jey. Aquatic therapy has completely changed my life in a positive direction, helped me get stronger, have less pain, and helped me with weight loss."

- Nona

## KEEPING YOUR HEALTH IN MIND

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES  
ARE WEARING  
PROPER MASKS



OUR EMPLOYEES ARE  
PRACTICING SAFE  
DISTANCE



OUR EMPLOYEES  
ARE USING GLOVES  
WHEN NECESSARY



OUR EMPLOYEES ARE  
WASHING HANDS  
REGULARLY



OUR EMPLOYEES ARE  
AVOIDING HUGS &  
SHAKING HANDS

Your health is our highest priority. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](http://SCVTherapyServices.com) today!