

Aquatic Therapy

Who can benefit from exercise in a pool? Simply put, everybody! Swimming is well recognized as one of the best forms of exercise because it uses all the body's muscles in a way that improves strength, flexibility, and cardiovascular fitness. Aquatic exercise leads to a sense of well being, due to the ease of exercise in a buoyant environment.

What's different about a physical therapy program in the pool? Physical therapists understand the uniqueness of individuals with a history of injuries or disabilities. They can analyze movement skillfully, and design a specific exercise program that will help improve strength, coordination, balance, flexibility, and endurance. The goals of physical therapy include pain reduction, freedom of movement, and return to function.

Who should consider pool physical therapy? Almost anyone whose function is limited by pain, weakness, stiffness, poor balance, edema, or coordination would benefit from pool exercise under the direction of a physical therapist.

Course Descriptions

Parent-Tot Play Group

Babies and toddlers explore the joy of water play while making new friends. Children will learn music and games, and enjoy some water dancing. Children with special needs are welcome. This is appropriate for children under three years old. 30 minutes per week. \$10 per class for families not enrolled in LEARN Birth to Three.

Athletic Injury Rehabilitation

Following an evaluation, an exercise program is designed specifically for each individual. The injured area will increase in flexibility, strength, and endurance, while keeping pain and swelling at a minimum. The uninjured areas can be exercised to maintain overall fitness to facilitate return to sport. A physician's referral is required, and insurance will be billed as usual for physical therapy. Sessions will vary from 30 to 60 minutes, based on need.

Individual Consultation

Private consultation is available to address individual concerns on an occasional basis. Consults are arranged by appointment.

Pain Management

Exercise is gentle, emphasizing flexibility of joints and muscles. There is a cardiovascular component which is gentle. There is a benefit to exercising in a group, but competitiveness is discouraged, with each person exercising at his or her own pace. This is appropriate for anyone with arthritis, fibromyalgia, back problems, or any other painful condition. No swimming is required. All work is done standing in the shallow end. A physician's

Meet the Staff

The staff at Shoreline Physical Therapy are caring professionals who understand the mechanisms of injury and illness that can make exercise difficult. They also understand the physics of buoyancy, and how the water can be used to improve movement. The following staff members will be group leaders.

Joanne Moore, MSPT, president, is a graduate of East Lyme High School and Quinnipiac College. She has a masters degree in exercise physiology, and is a doctoral candidate with a specialty in arthritis. She is a board certified orthopedic specialist. She has 25 years of practice.

Deborah Gross, MSPT, is a board certified orthopedic specialist. She has extensive experience in working with athletes and dancers at all levels, from recreational to professional.

Heidi Messer, OTR, is an occupational therapist with a strong interest in early childhood development. She is also a provider of services to children with special needs, through LEARN Partnership for Birth to Three.

All staff members are committed to attending to the specific needs of each participants.

Course Schedule

effective 2/1/00

Parent Tot Play Group

- Every other Friday 11:00-11:30
(whenever East Lyme High Sch.
is a "Day One")

Pain management

- Every Tuesday 5:00 - 5:30

Athletic Injury Rehab. for ELHS Students

- Every Tues, Wed, and Thurs.
Day One: 11:00 - 12:00
Day Two: 9:30 - 10:30

Individual Consultations can be
scheduled during open swim.

Shoreline Physical Therapy

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Aquatic Wellness

at

East Lyme High School

presented by



**SHORELINE
PHYSICAL
THERAPY**

Classes

Pain management
Athletic Injury Rehab
Parent-Tot Class
Individual Consultation