

Aquatic therapy is a combination of creative activities and focused therapeutic exercises in a warm water setting designed to parallel your land based goals and improve function. Our therapeutic methods utilize physical properties of water to bring about physiological changes in and on the body. The therapists at KPT provide individualized care using various concepts such as buoyancy, turbulence, and the support, assistance and resistance of water to promote positive gains with our patients.

Common Ailments That Can Benefit From Aquatic Therapy

- Arthritis
- Post surgery conditions
- Back injuries
- Fibromyalgia
- Shoulder, knee & ankle problems
- Fractures
- Gait and Balance Problems
- General Deconditioning

Goals of Aquatic Therapy

- Decrease pain
- Reduce edema and improve circulation
- Address muscle guarding and spasm and promote relaxation
- Improve postural awareness and lumbar stabilization
- Increase range of motion and flexibility
- Improve strength and cardiovascular conditioning
- Improve coordination and balance
- Achieve various functional goals
- Provide progression of weight bearing
- Improve gait
- Improve patient responsibility for management of their own health care.



A Treatment Plan May Consist Of:

Water walking, deep water exercises, shallow end stretching, relaxation techniques, lumbar stabilization and gait training.

We also use noodles, kickboards, buoys, wet vests and other devices to resist, assist or support your body.

The temperature in the therapeutic pool is 90 degrees, which provides pain relief, muscle relaxation, increase in circulation and reduction of muscle guarding.

LA Fitness, Foundry Row

10100 Reisterstown Rd
Owings Mills, MD 2111
(443) 641-01387
<https://www.visitfoundryrow.com/directions/>

Foundry Row is conveniently located in Owings Mills, at the corner of Reisterstown Road and Painter's Mill Road. It's easily accessible from I-695 and I-795, and a short walk from the Owings Mills Metro Station.

Hours for Aquatic Therapy are:
Tuesdays, 10:30 – 11:30AM
Thursdays, 10:30 – 11:30AM



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