

Aquatic Therapy

Specialized Rehabilitative Care



Do you experience any of the following symptoms?

- Pain from hip or knee replacement
- Weakness
- Balance problems
- Fatigue
- Spasticity
- Neurological conditions such as MS, Parkinson's, stroke
- Edema
- Arthritis
- Fibromyalgia
- Asthma and other breathing disorders
- Back pain
- Obesity

If so, you may benefit from Sitrin's Aquatic Therapy Program.

Aqua therapy can be a successful alternative to traditional therapy for patients who are unable to tolerate land exercise due to pain, poor endurance, recent surgery, and acute or chronic ailments. Sitrin's highly trained occupational and physical therapists treat individuals of all ages.



Sitrin offers two aquatic therapy pools, which are maintained at a constant therapeutic temperature of 90 degrees. Its Aquatic Therapy Program features handicapped-accessible locker rooms, hand railings, hydraulic lifts, and a complete selection of specialized equipment.



Sitrin's Aquatic Therapy Program may include a variety of techniques and treatments, including:

Core Exercises – focus on deep abdominals and lumbar spine musculature

Bad Ragaz – when the therapist “snakes” a patient back and forth slowly in the water

Watsu – a form of water massage

Unpredictable Command Technique – used to improve a patient's balance

Ai Chi – slow, purposeful movements to increase flexibility, balance, and strength

For more information, please call (315) 797-8000.

Related services offered at Sitrin:

▶ **Sensory Swim**

For infants and children up to 4 years old

▶ **Aquatic Wellness Classes –**

Ai Chi, Arthritis Aquatic Class (Sponsored by Jazzmatazz), Cardio Endurance Training, Water Aerobics, and Kid Fit Classes