

The **HydroWorx 200** is coming to Physiomed Leaside!

Enhancing Rehabilitation and Reducing Pain with Aquatic Therapy

We are Proud to Provide State-of-the-Art Aquatic Therapy

Our HydroWorx 200 has been designed to reduce pain, improve range of motion and enhance rehabilitation outcomes. The functional design of our HydroWorx 200 Series has all the features required for effective therapy, rehabilitation and fitness – and now it is available for you!

More about the HydroWorx 200 features and benefits:



Variable Speed Underwater Treadmill

- The integrated underwater treadmill surface has a cushioned low-impact design.
- Treadmill speeds increase smoothly from 0.1 to 6 mph in safe .1 increments.
- Useful for all types of therapy such as gait training or sport-specific activities.



Resistance Jets

- A resistance jet is essential for water therapy, rehabilitation, sports performance or balance training.
- The jet has a wide range of water speeds and directional configurations to provide the proper amount of resistance for each patient's needs.
- Beneficial for helping progress patients through rehabilitation and improving balance and strength.



Therapeutic Massage Hose

- The attachable underwater massage hose can be utilized for scar tissue manipulation, pain management and deep tissue massage.
- Using the massage hose can increase flexibility, improve circulation and promote muscle relaxation.



Adjustable Water Depths

- Quickly add or remove water to attain water depths ranging from 1" to 50" with the touch of a button.



Safety Handrails/Supports Bars

- To enhance patient comfort and security.

Be the first to
benefit from the
HydroWorx 200
in Canada!



Why Consider Aquatic Therapy?

Here are 5 Ways Aquatic Therapy Impacts Rehabilitation

We understand that aquatic therapy can greatly impact the results you achieve during rehabilitation. When you combine the natural healing properties of water with advanced aquatic therapy technology such as an underwater treadmill, resistance therapy jets and deep tissue massage, like our HydroWorx, the result is an unbeatable rehabilitation tool, which is now available for you!



- 1 An exercise solution for all levels of weight-bearing:** As a non or partial weight-bearing patient, having a way to move and safely begin rehabilitation can do amazing things for your body and emotional well being. The buoyancy of the water eliminates up to 90% of a person's body weight, allowing you to safely begin therapeutic exercises shortly after injury without the fear of falling or re-injury.
- 2 Begin rehab sooner in the water than on land to reduce inflammation and accelerate rehab.** The ability to reduce your weight-bearing status in the water allows you to begin rehab exercises sooner than land-based exercises; thus speeding up recovery and minimizing the loss of range of motion on the injured joint. The hydrostatic pressure of water also naturally decreases inflammation to increase circulation.
- 3 Pain is greatly reduced when exercising in warm water.** When you are bearing less body weight, the stress on your legs and joints is greatly diminished. Additionally, the warm water acts as an aid for sore, swollen or injured joints and muscles, resulting in less pain and increased range of motion.
- 4 Lean muscle mass and overall leg strength is improved with underwater treadmill exercise.** When comparing exercising on land to aquatic-based exercise, a research study conducted at Texas A&M University demonstrates that exercising on an underwater treadmill yields greater results in building lean muscle mass. The added resistance from the water and resistance therapy jets makes underwater treadmill exercise more challenging for your leg muscles.
- 5 Unbelievable rejuvenation and recovery capabilities.** Research shows when you exercise on an underwater treadmill you will experience a significant decrease in muscle soreness compared to those who exercise only on a land treadmill. An additional research study from the University of Wisconsin showed improved flexibility and sleep patterns for those who exercised on underwater treadmills.

For more information, or to book your **FREE CONSULTATION** with Dr. Godrej Engineer, call

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