

Cerebral Palsy (CP)
Guillain-Barré syndrome (GBS)
Fibromyalgia
Myalgic Encephalopathy (ME)
Motor Neurone disease (MND)
Chronic Fatigue syndrome

Advantages

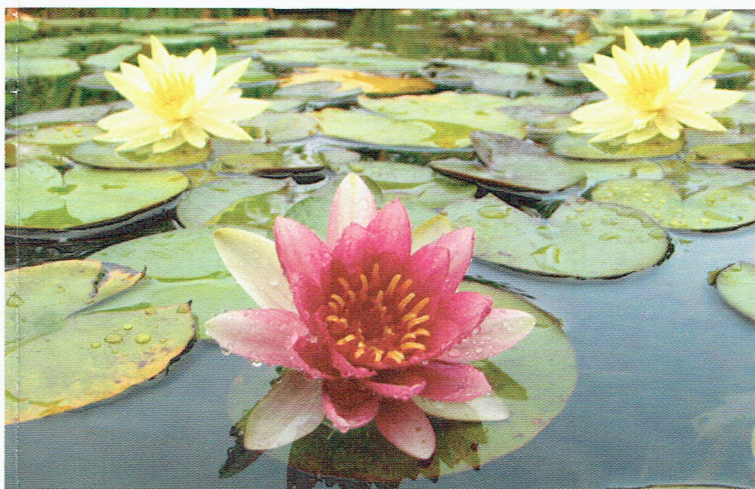
- ♦ Hydrotherapy can treat cases which are traditionally impossible to treat.
- ♦ Treats impairments like pain, decreased strength and stiffness.
- ♦ Offers treatment of disabilities like change of position, holding a posture and walking.
- ♦ Automatically improves cardiovascular and respiratory functions.
- ♦ Influences overall as well as local metabolism. This reduces arousal, pain and stiffness.
- ♦ It offers the possibility to handle even the heaviest patients with great ease.
- ♦ The patient remains warm throughout the session.
- ♦ The physiotherapist can observe the entire body and therefore keep a check on body alignment, etc.

Many patients treated at ISIC through hydrotherapy have shown positive results.



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Hydrotherapy

With an increased emphasis on disease prevention in recent years, many people have looked to alternative forms of medicine for drug-free approaches to achieving and maintaining good health. Water Therapy commonly known as Hydrotherapy is coined from the Greek words "Hydro" meaning "water" and "Therapeia" meaning "healing". As the name suggests Hydrotherapy is a method of using the physical aspects of water for medical and relaxing treatments, where warm water relaxes tight muscle groups and eases stiff joints. Treatment programmes vary, dependent on the patient's condition, but generally utilise the properties of water such as increased buoyancy, and permits movements to take place with reduced gravitational forces, thus non-weight-bearing activities can be performed effectively with positive results, which are difficult to perform otherwise.

The benefits of "water healing" or hydrotherapy have been recognised for thousands of years. It is one of the oldest and safest methods for treating many ailments.

How does Hydrotherapy work

Mobility can be improved with hydrotherapy because people are able to perform activities in the pool that they are unable to perform on dry land. With the appropriate progression of exercises these activities, such as walking or running, will be able to be performed outside the pool. The support of the water and the reduced fear of falling can aid mobility practice. Exercises against the resistance of water and dynamic exercises within the water can also improve muscle strength, balance and co-ordination.

Hydrotherapy at ISIC

ISIC boasts of having the largest and the best solar hydrotherapy department in the whole of South Asia.

Salient features

- ♦ The water temperature in the pool is maintained at 30 to 32 degrees centigrade.
- ♦ The air temperature is adjustable to 28 degrees centigrade.
- ♦ Water is tested in the laboratory every day to make sure that there is no infection.
- ♦ 24 hours filtration and heating plant is installed by a world renowned German company to clean the water.
- ♦ Well qualified and dedicated staff.
- ♦ Personal attention to each patient.

Objectives of Hydrotherapy

- ♦ To relieve pain
- ♦ Mobilize joints
- ♦ Promote relaxation
- ♦ Increase range motion
- ♦ Strengthen muscles and enhance coordination and balance
- ♦ Increase physical fitness and functional tolerances
- ♦ Re-educate paralysed muscles
- ♦ Improve posture
- ♦ Stimulate circulation

Conditions treated with Hydrotherapy

- ♦ Neck pain
- ♦ Head Injuries
- ♦ Spinal Injuries
- ♦ All kinds of back problems
- ♦ Rheumatic Arthritis
- ♦ Post-operative orthopaedics
- ♦ Trauma
- ♦ Stroke
- ♦ Arthritis
- ♦ Pre and post-natal exercises
- ♦ Neurological conditions
- ♦ Parkinson's disease
- ♦ Multiple Sclerosis (MS)
- ♦ Muscular Dystrophy