



# AQUATIC THERAPY

**Tidewater Physical Therapy** offers an aquatic therapy program on-site at our Ocean Pines clinic in a state-of-the-art, indoor, saltwater pool; as well as off-site with our Chester clinic team at Club One Fitness. Our aquatic therapy program capitalizes on the positive effects and benefits of being treated in the water. Water improves motion and flexibility. The warmth of the water and its massaging effects allow muscles to relax while helping to reduce pain. The natural buoyancy reduces gravitational pull and lessens compressive forces, therefore making exercises much easier to perform than on land.

## Who is a good candidate for Aquatic Therapy?

Aquatic Therapy treats most musculoskeletal disorders, injuries, and pain. It also offers exceptional rehabilitation for joint replacements. It is also safe for a patient who do not know how or cannot swim, as a therapist is in the pool at all times with each patient. In addition, we have appropriate flotation devices as needed.

## How long are aquatic therapy patients generally treated for?

It depends on the treatment required, but patients usually participate in treatment for a few weeks for a shorter period of needed rehabilitation, to an on-going, consistent schedule for those patients needing more long-term therapy. Our aquatic program is also a great choice for post-physical therapy and general wellness.



## Aquatic Therapy Locations

Our Ocean Pines clinic offers our Aquatic Therapy program and treats on-site in our specially-made saltwater pool. The pool has varying depths between four and seven feet and maintains a warm temperature at all times of 92 degrees. It is accessible by both stairs and lift, for those needing assistance to get in or out of the pool. The pool is open year-round. Our Chester clinic offers our Aquatic Therapy program and treats off-site at Club One Fitness Aquatic Center. The pool has varying depths and is considered a warm water leisure/therapy pool providing the warmest temperatures optimal for aquatic therapy. The pool is open year-round.

### Dr. William Hamilton - Ocean Pines, MD



Billy Hamilton, PT, DPT, CHT is a Doctor of Physical Therapy and clinical director at our Ocean Pines clinic. He specializes in hand therapy, treatments for total joint replacements (shoulder, hip and knee), balance impairments and vestibular disorders. He also commonly treats conditions involving the neck and back using specific mobilization and muscle energy techniques known as “Greenman.”

### Dr. Anthony Gipe - Chester, MD

Anthony Gipe, PT, DPT is a Doctor of Physical Therapy and the clinical director our Chester, clinic. Anthony specializes in sports and orthopedic therapy, spinal cord injury and multi-trauma therapies, pelvic and sacroiliac dysfunction, therapeutic interventions, and lower extremity dysfunction.

