



Elim Park Place

Elim Park Place Retirement Community

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FOR IMMEDIATE RELEASE

Cheshire: Elim Park Place Announces New Aquatic Therapy Program

Elim Park recently expanded its Therapeutic Department to include Aquatic Therapy in the new 30x60 indoor pool. The aquatic therapy will be available to Elim Park residents and anyone with a prescription from their physician for aquatic therapy to improve their abilities and quality of wellness.

Therapy in the pool is going to be offered Two days a week with aquatic trained therapists who will work one-on-one with patients in the pool heated to 86 degrees Fahrenheit. With the use of weights, floats and many other devices and exercises the therapists are able to use activities designed for the water to improve or restore a person's physical abilities and can also be used to maintain those abilities.

The Elim Park pool is equipped with a ramp, making the pool accessible to virtually every patient. With well trained staff and a pool that's specifically designed for therapy and seniors the program is ideal for anyone interested in expanding their therapy options and health abilities.

Director of Rehabilitation, Josh Greene, Invites you to come for a tour and to learn more about our New Aquatic Therapy Program. If you are interested please call 203-272-3547 x308 to make an appointment.

Many people ask *Why Use Aquatic therapy? What are the benefits?* Joshua Greene, Director of Rehabilitation at Elim Park Place, said "water therapy compliments occupational and physical therapy and allows therapists to do work with patients that would be impossible, or more difficult, on land. Water has three properties, buoyancy, flow and viscosity, that create a supportive environment for the body," Greene said. "The water is supportive and reduces the stress on joints, muscles and bones." "You can help patients improve their range of motion, strength and balance in the water," Greene said.

Aquatic therapy can be used on almost anyone who needs physical or occupational therapy. Often the pain associated with an injury or surgery can prevent the patient from beginning the recovery process. Water reduces the effects felt by gravity and can allow patients to begin their recovery process while they are healing. Water also aids blood flow throughout the body, which will reduce swelling and often helps with the pain of an injury even after the patient is out of the pool.