



**IMPORTANT UPCOMING DATES:**

October 12<sup>th</sup> – CLOSED (Thanksgiving)  
October 31<sup>st</sup> – Client Dress Up Day!  
November 11<sup>th</sup> – CLOSED (Remembrance Day)

**On behalf of all our staff  
we hope you have a  
Happy Thanksgiving &  
a Safe Hallowe'en!**

**FEATURED  
THIS MONTH:**

What is Pool Therapy &  
Why Does it Work?

**Read about Pool Therapy and its amazing  
benefits in this month's edition of Citadel  
Physiotherapy's newsletter!**



**TOP NEWS**



The Atlantic Arthritis School Association is a non-profit organization hosting monthly information sessions on how to **COPE** and **MANAGE** Osteoarthritis for you and your loved ones.

**SESSIONS ARE FREE & OPEN TO THE PUBLIC**

Visit their website for more details and to register for one of their upcoming sessions:

**[WWW.ARTHRITISSCHOOL.CA](http://WWW.ARTHRITISSCHOOL.CA)**

**DIRECT BILLING AVAILABLE:** Citadel Physiotherapy is dedicated to our patients & will help in any way possible to make sure your experience with us is a memorable one.

We are a part of the TELUS HEALTH NETWORK which allows us to bill directly for most insurance companies such as: Sunlife, Great West Life, Standard Life, & Chambers of Commerce.

Other companies we continue to direct bill include Medavie Blue Cross, Dalhousie & SMU Students, Green Shield, & MORE.

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# The Importance of Pool Therapy

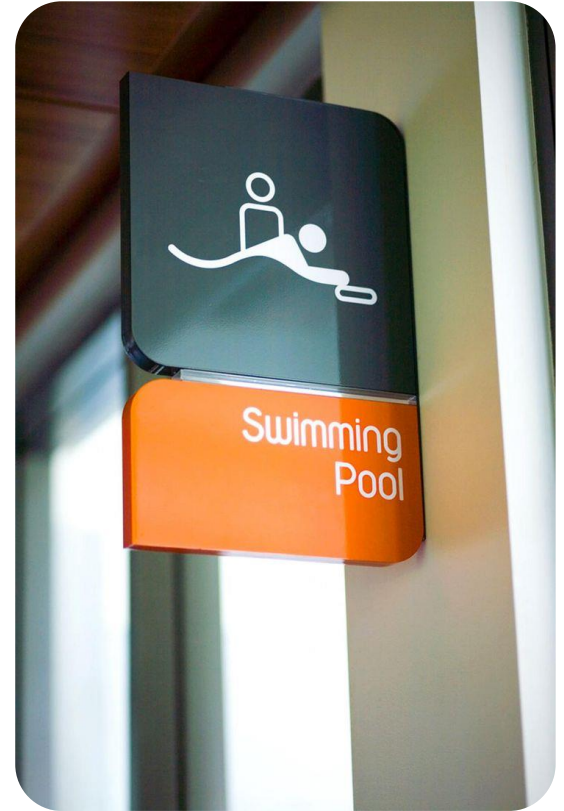
Water Therapy consists of a variety of treatments and exercises that are done in a pool to help people dealing with musculoskeletal injuries, chronic pain, and pre/post-surgical procedures.

Pool Water Therapy is an excellent method of treatment for people who have undergone surgery and need to begin a specialized exercise program that follows their surgeon's specific protocol.

Water counteracts gravity and helps to support a person's body weight in a controlled fashion as the person is immersed. This can aid the development of improved balance and strength. So, for people unable to weight bear on land, they can in water!!

## **Benefits of Pool Therapy Include:**

- Strengthen and Condition Muscles
- Improve Flexibility/Mobility
- Reduce Pain
- Reduce Risk of Future Injuries
- Treatment of Osteoarthritis
- Increase Joint Movement
- Relaxation of Tight Muscles
- Decreases Stress on Muscles and Joints
- Begin Rehab Exercises Sooner than on Land



## Why Pool Therapy Works

The buoyancy of water allows individuals with a limited range of motion to gain extra range and are able to move more freely underwater versus on land. The water also provides resistance by means of gentle friction allowing strengthening and conditioning of an injury, while reducing the risk of further injury due to the loss of balance.

***"Aquatic exercise has been found to vastly improve heart and lung function due to the hydrostatic pressure the body undergoes in water while also improving blood flow to muscles."***

After any type of surgery, maintaining mobility is a top priority. Stiffness and loss of flexibility are a big concern for post-surgical patients. With Pool Therapy, people are able to begin rehab exercises much sooner than on land.

## Citadel Physiotherapy is a Proud Sponsor Of:



## MEET OUR PROFESSIONALS

### **PHYSIOTHERAPY**

Daniela Rubinger  
Leigh Hepditch  
Veronique Trottier  
Jennifer Appleby  
David Evans

### **MASSAGE THERAPY**

Ani Delice  
Larry Laing

### **KINESIOLOGY**

Mason MacDonald

### **OCCUPATIONAL THERAPY**

Erin DeCoste

To book with any of our Certified Professionals or for more information please contact us:

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