

Aquatic Physical Therapy

Under the direction of a physician, North Central Health Care's licensed physical therapists devise treatment plans using water to support, stabilize, reduce gravity and condition the body. Therapists use the buoyancy, hydrostatic pressure and warmth of the water to relax muscles, support submerged joints, and reduce or eliminate axial weight bearing, resulting in a reduction of pain. With the ability to "float" the patient, the therapist is also able to use a range of techniques that are impossible on land while also reduce the risk of falls.

Warm Water Benefits

You can find warm water therapy and rehabilitation at North Central Health Care's Wausau Campus. Patients, with appropriate physician referral, have access to aquatic programs in the therapeutic pool.

Generally, warm water:

- Reduces force of gravity that compresses joints
- Offers 360-degree support for sore limbs
- Increases circulation and decreases inflammation
- Gives resistance based on tolerance

Warm water can help you improve your range of motion, balance, strength and coordination, in addition, studies have also shown that warm water may help you reduce the need for pain medications.

Warm water is one of the oldest forms of medicine. Research indicates warm water works wonders for all kinds of musculoskeletal conditions, including arthritis, fibromyalgia and lower back pain.



I used to think the pool was just for senior citizens. When I began aquatic physical therapy for degenerative disk disease in my back, I met many baby boomers who are using the pool therapeutically. Physical therapy in the pool helped me develop core strength and create spine stabilization, allowing me to effectively deal with my condition.

~ Sue Gebhardt

The North Central Health Care pool has been invaluable to my patients who suffer from various conditions, including back pain, arthritis, neurological injury and obesity. Many of them have not responded to traditional land-based therapy programs and find the pool environment extremely helpful. I also find the staff at the pool to be very knowledgeable and effective in treating and educating patients, so that many continue with their own treatment on their own, after formal sessions have concluded.



~ Mark Schuler, M.D., Marshfield Clinic

Equal Opportunity in Service Delivery Policy

No otherwise qualified applicant for service or program participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identity, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.

North Central Health Care Wausau Campus Aquatic Therapy Center

Aquatic Physical Therapy: 715.848.4551
Fax: 715.841.5187

1100 Lake View Drive • Wausau, Wisconsin 54403

Please visit our website at www.norcen.org for more information and to access the physician referral form.



North Central Health Care

Person centered. Outcome focused.

www.norcen.org/AquaticTherapy

Aquatic Services



North Central Health Care

Person centered. Outcome focused.

Aquatic Therapy Center

Warm Water Physical Therapy



**Individualized care, provided
with an emphasis on aquatic
technique, to restore mobility,
strength and function.**



“The pool is the best form of exercise for me and my Multiple Sclerosis. Aquatic Physical Therapy has been very helpful for strengthening, and conditioning. My program was designed just for me by an encouraging staff.”



~ Liz Fischer

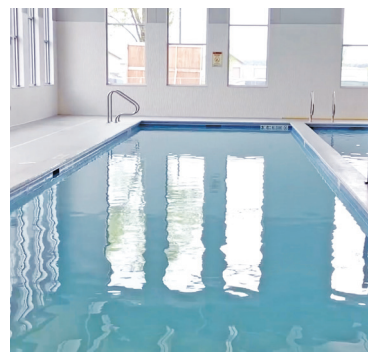


What You Need to Know

- A doctor referral is required for all aquatic programs which can be downloaded from our website.
- The pool water is maintained at 90 degrees.
- Depth varies for ease of entrance.
- You do not need to know how to swim.
- A lifeguard is on duty at all times.
- The facility has handicapped-accessible locker rooms and a wheelchair ramp or lift for water entrance.
- Patients who require assistance in the locker room or in the pool may bring an aide to accompany them free of charge.



Easy Step Ramp & Stairs for Pool Access



Segmented Walking Lanes



Hydraulic Wheelchair Lift



Private Changing Rooms



Locker Rooms



Examination Rooms