



AQUACENTRIC

THErapy

Redefining Physiotherapy

GERIATRIC to GERIACTIV

Dr. Amit Kohli (PT)

Co-Founder & Chief Physiotherapist

- Masters in Orthopaedic & Manual Therapy (Australia)
- Aquatic Therapist (Switzerland)
- Advanced Aquatic Therapist (South Africa)
- BPT, M.I.A.P (India)
- HPC (UK)

FOUR VERTICALS

- Orthopaedics
- Women's Health Care
- Paediatrics
- Neurology



THREE ZONES – Air, Water and Land



Land Zone



Aquatic Zone



Agility Zone



WHAT IS AQUATIC THERAPY?

AQUATIC THERAPY refers to treatments and exercises performed in water:

- Physical Rehabilitation
- Fitness
- Relaxation
- Other Therapeutic Benefit.



WHY AQUATIC THERAPY ?



PROPERTIES OF WATER

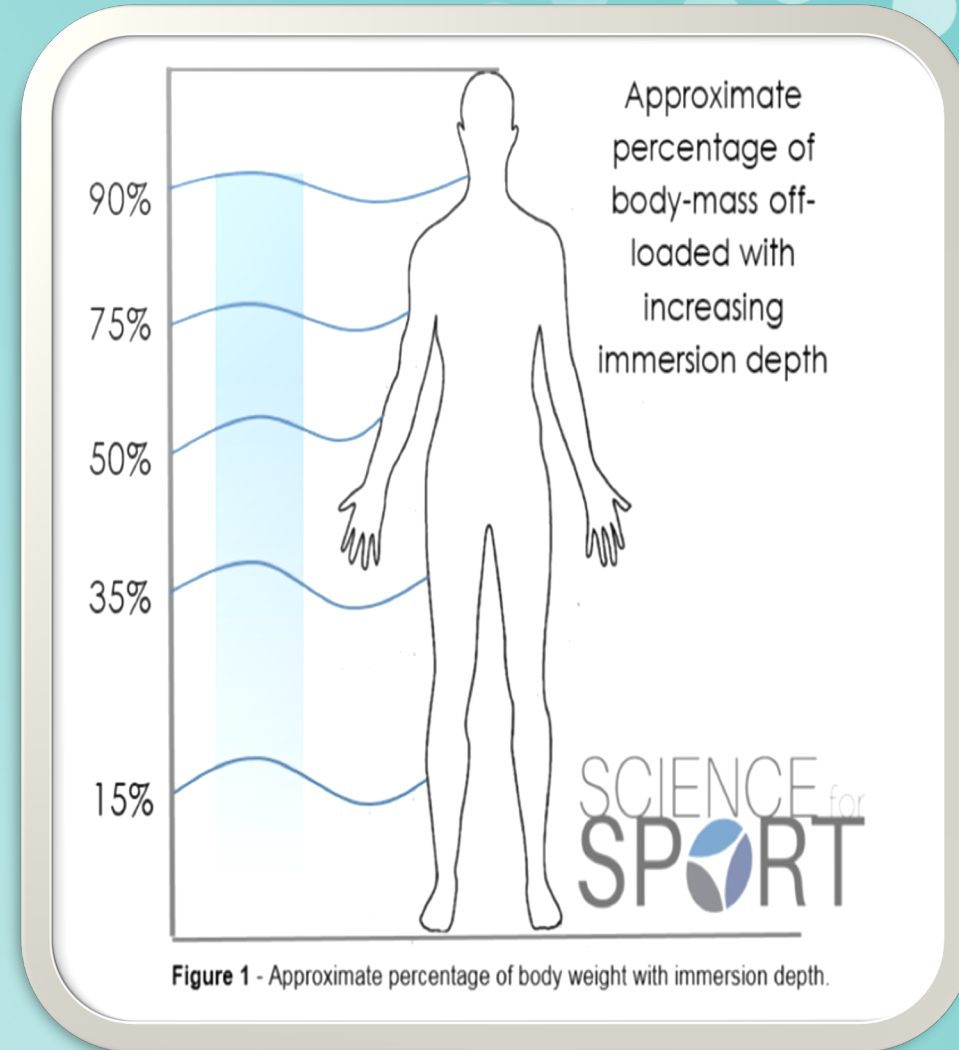
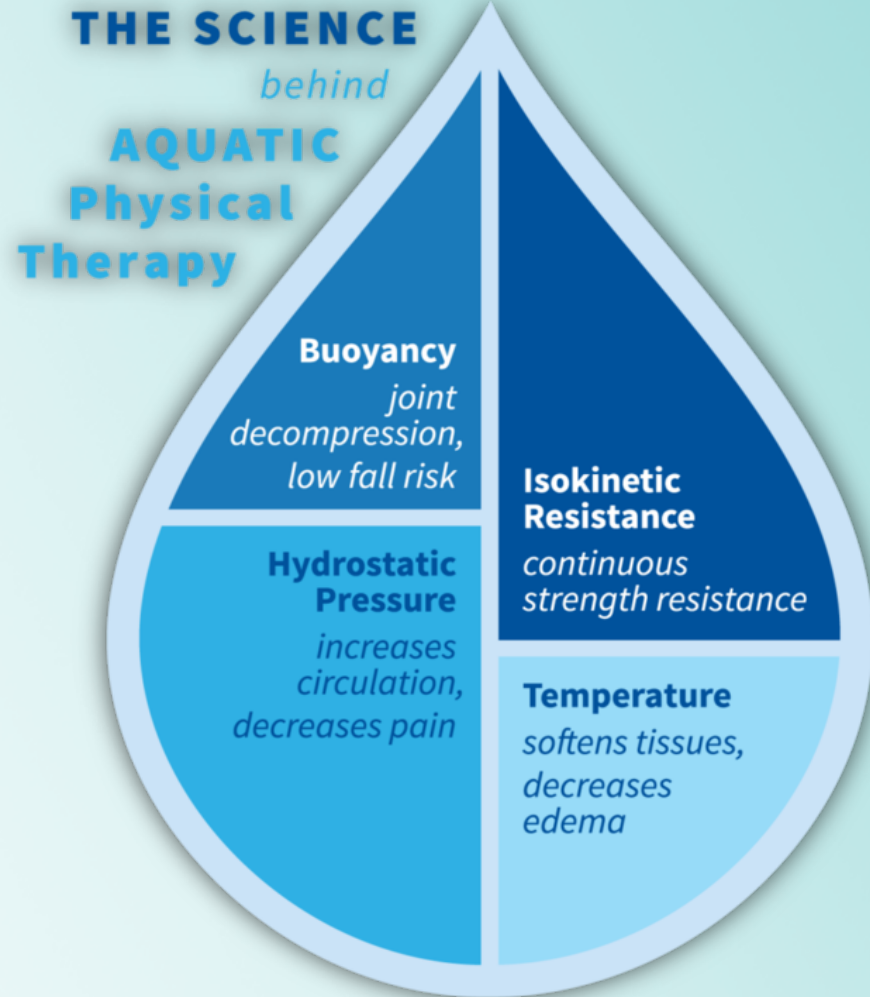
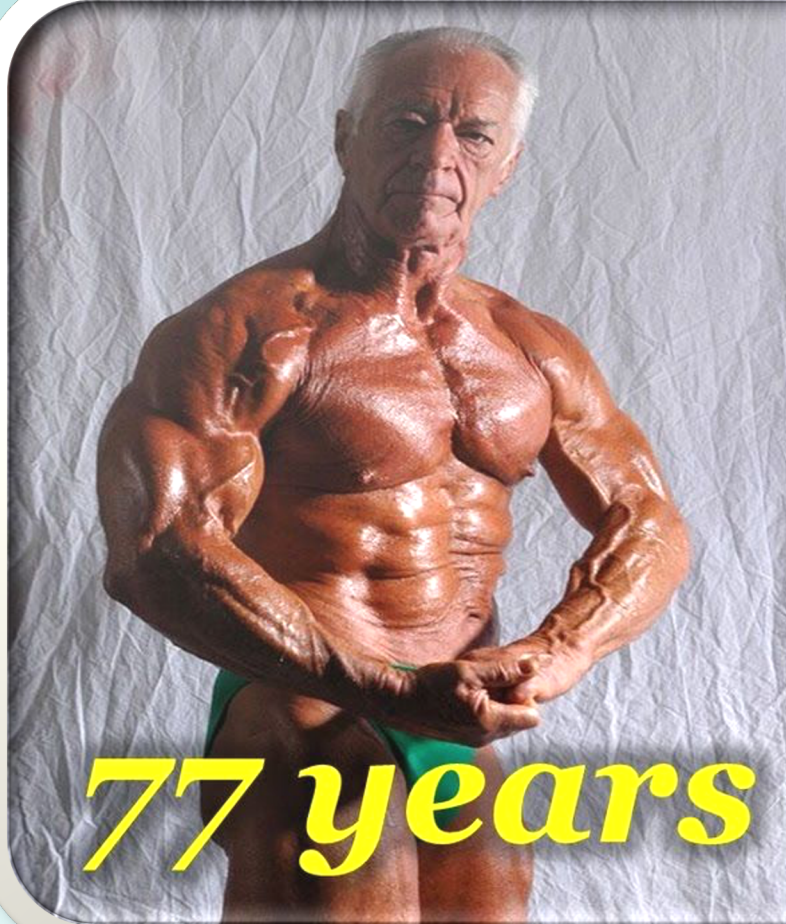


Figure 1 - Approximate percentage of body weight with immersion depth.



MUSCULOSKELETAL SYSTEM



77 years

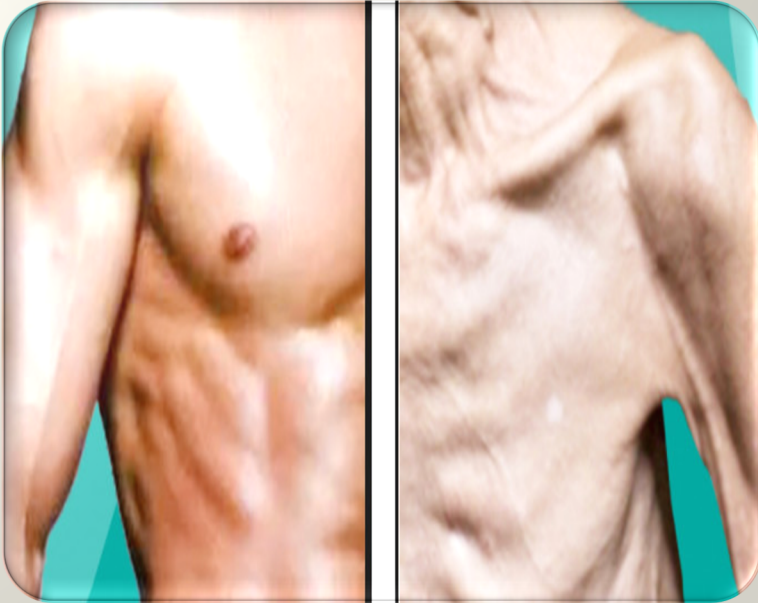


60 years

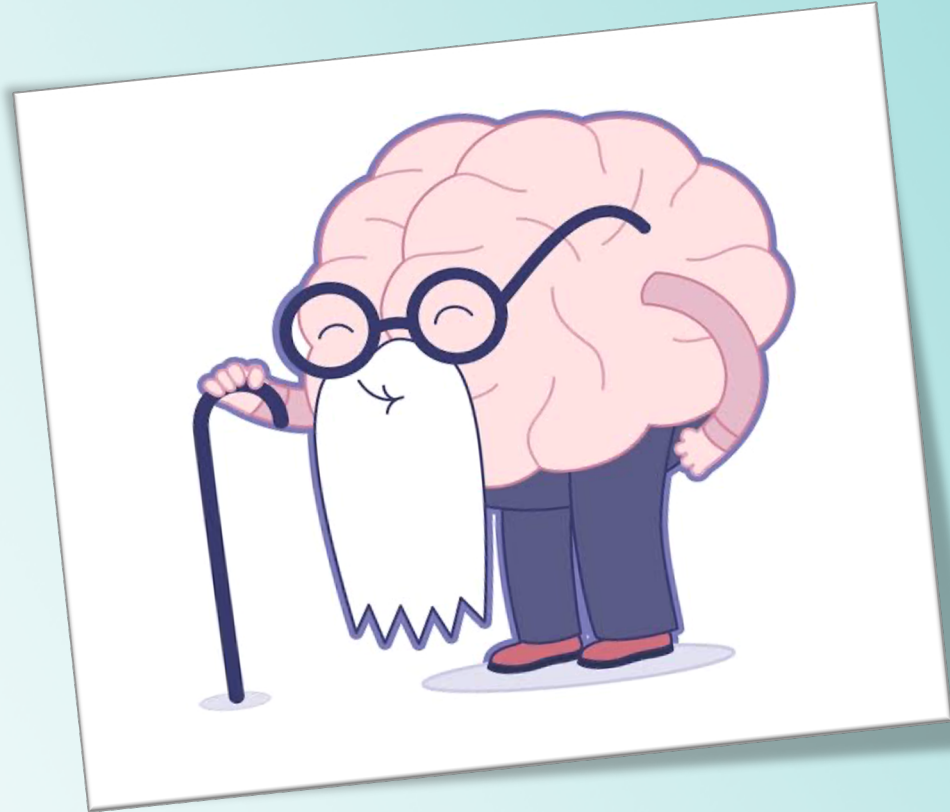


WHAT ARE THE CHANGES SEEN?

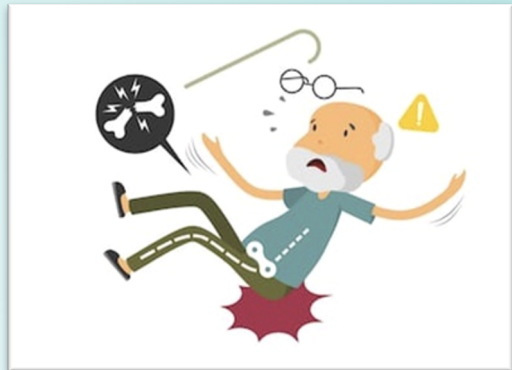
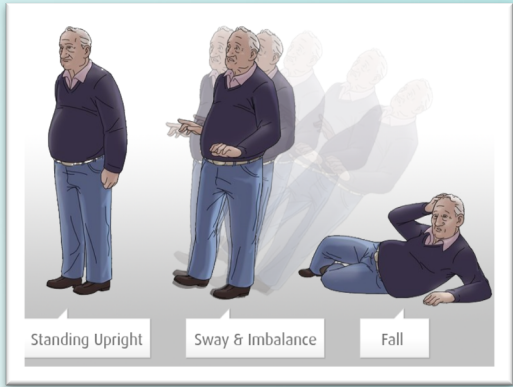
- Muscle Atrophy
- Joint stiffness
- Decreased bone density (women > men)
- Alteration in posture
- Ability to transfer and impaired gait.



NERVOUS SYSTEM

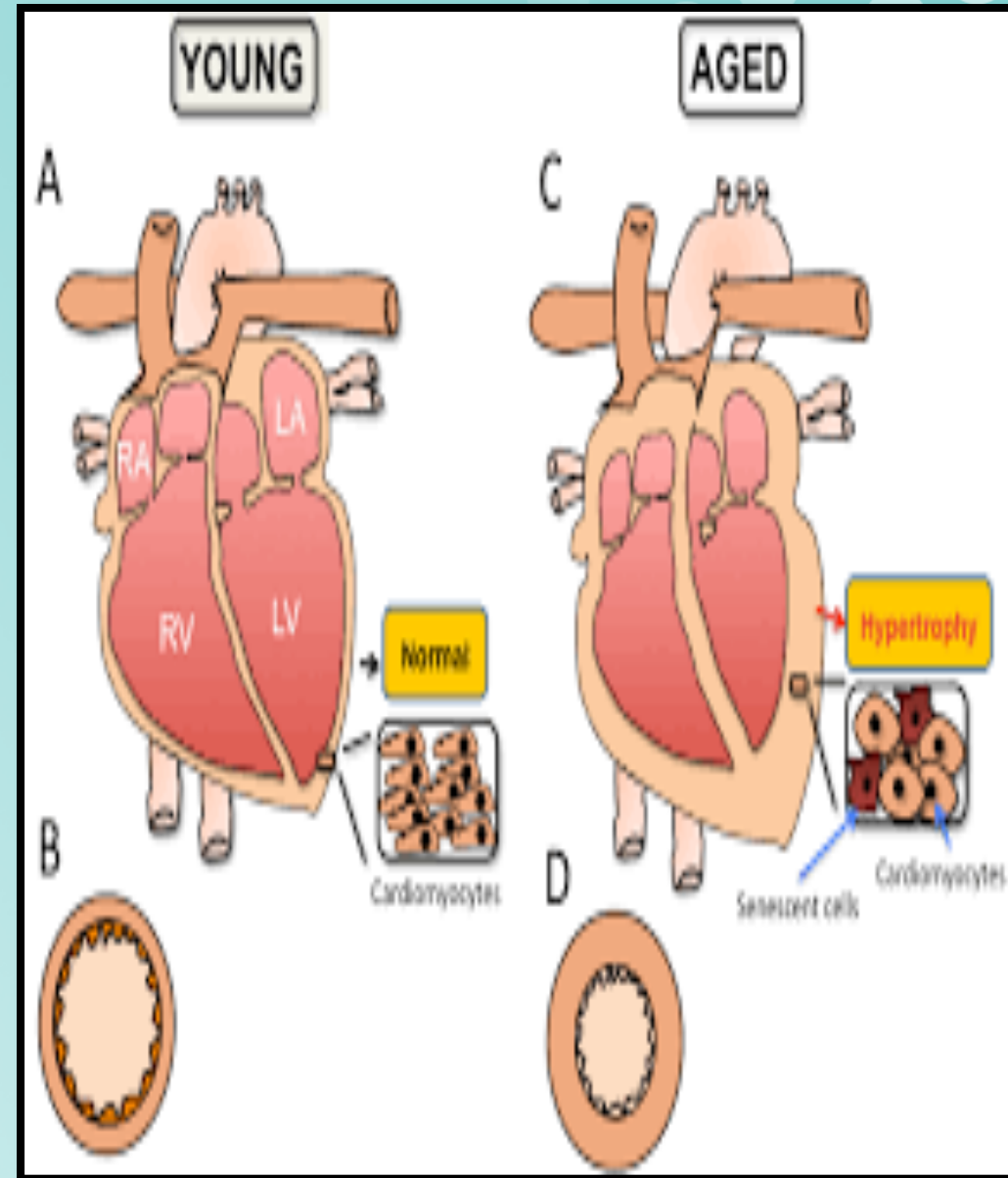
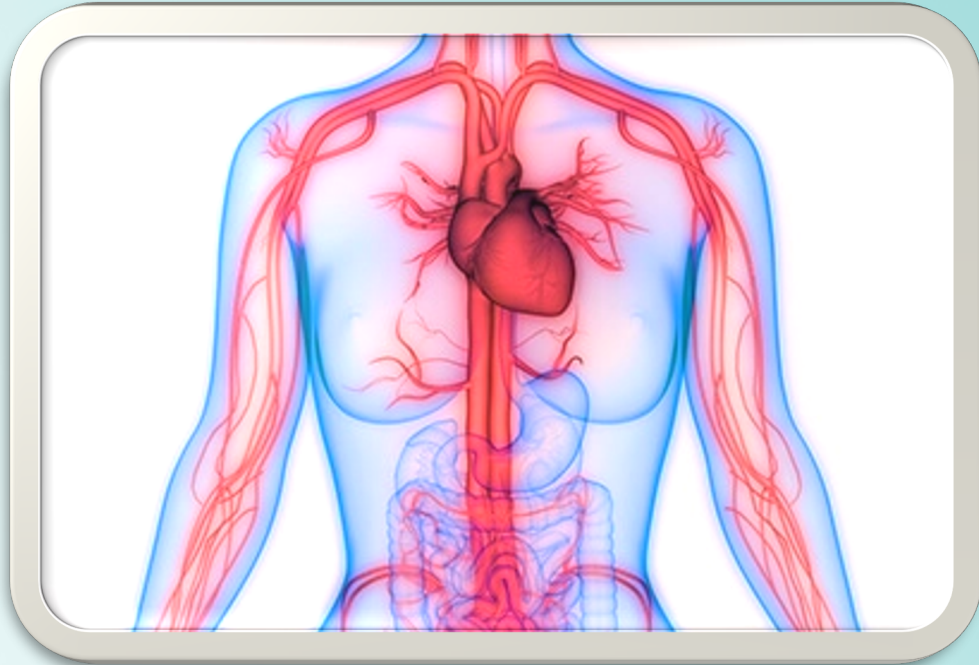


WHAT ARE THE CHANGES SEEN?



- Impaired Balance & Coordination
- Cognitive disturbances
- Diminished reflexes
- Frequent falls
- Wide based gait with reduced arm swing

CARDIOVASCULAR SYSTEM



CARDIOVASCULAR SYSTEM

Valves of the heart
become thick & rigid
due to cholesterol



Blood vessels thicken and result in
elevated blood pressures



Decline in pumping capacity of
heart



REDUCE TIGHTNESS & STIFFNESS

Deep Tissue Release



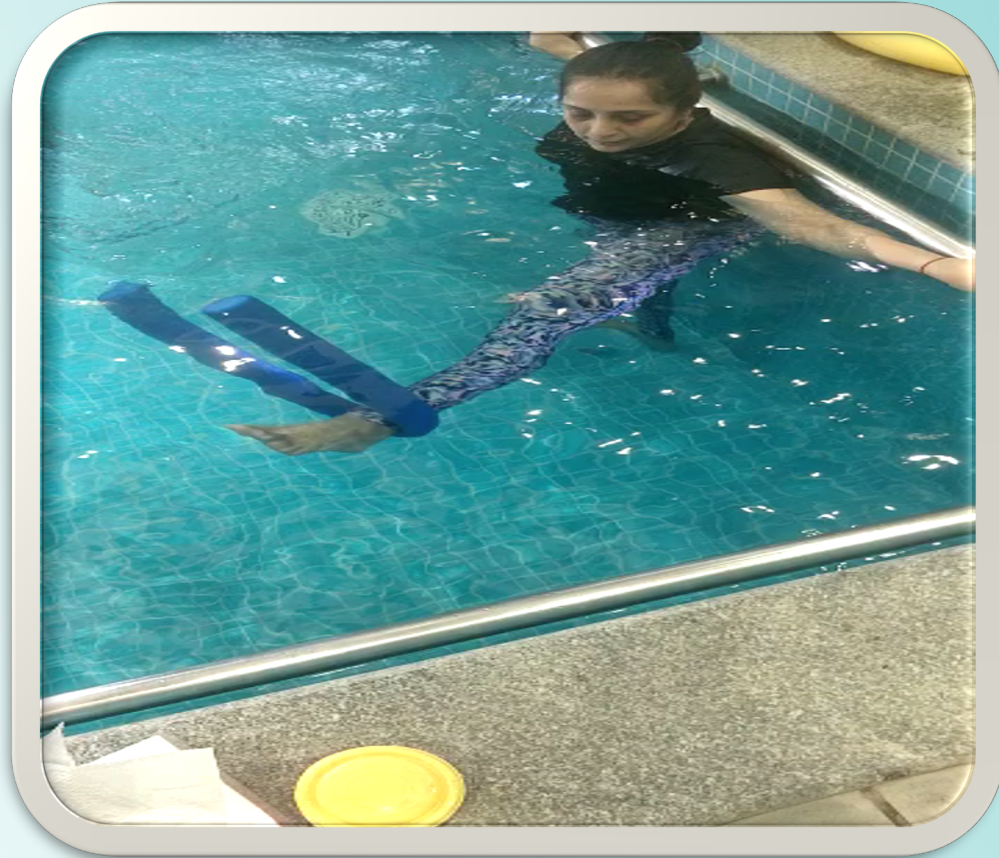
Stretching



RANGE OF MOTION



Strengthening



Gait & Under Water Motorized Treadmill



Core Stability





HOW CAN WE HELP?

- TELE-REHABILITATION
- LAND THERAPY
- AQUATIC THERAPY





**"I DON'T BELIEVE IN AGE.
I BELIEVE IN ENERGY
DON'T LET AGE DICTATE
WHAT YOU CAN AND CANNOT DO."**

Tao Porchon-Lynch,
97-year-old yoga teacher



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To book a Free Consultation, please contact us on:

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Thank You

- SWATI KOHLI

- DR NEETU JOHN

- DR JOVITA SEQUEIRA



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