

What are the benefits of Aqua PHYSIO-THERAPY?

After an illness, injury, or surgery, a patient's sensitivity to pain may be increased or the ability to bear weight on the injured area limited. In water, the pull of gravity on the body is not as strong as on land, therefore motion and functional activity are more comfortable.

Water supports the body, reduces joint stress, and provides resistance and assistance to movement. Patients can improve mobility, strength, and function rapidly during the healing process.

Other benefits of aquatic fitness:

- ◆ Improved muscle strength and tone
- ◆ Increased cardiovascular function
- ◆ Reduced stress
- ◆ Decreased swelling
- ◆ Increased circulation
- ◆ Increased strength and endurance
- ◆ Increased range of motion and flexibility
- ◆ Increased balance and coordination fitness in your life.



അക്വാ-ഫിസിയോതെറാപ്പി

◆ അസ്ഥികൾ, സന്ധികൾ, പേശികൾ, ഞരമ്പുകൾ എന്നിവയുടെ ആരോഗ്യത്തിന് ആവശ്യമായ ഫിസിയോതെറാപ്പി ആധുനിക രീതിയിൽ ജലാശയത്തിനുള്ളിൽ അക്വാ-ഫിസിയോതെറാപ്പിയിലൂടെ ലഭ്യമാക്കുന്നു.

◆ Aerobics Programmes-ൽ വിദേശ പരിശീലനം ലഭിച്ച വിദഗ്ധരുടെ നേതൃത്വത്തിൽ ലഭ്യമാണ്.

◆ ജലാശയത്തിലുള്ള Hemophilia ചികിത്സയും ലഭ്യമാണ്.

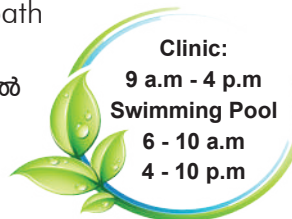
കുട്ടികൾക്കും സ്ത്രീകൾക്കും പുരുഷന്മാർക്കും പ്രത്യേക വിഭാഗങ്ങളിലായി നീന്തൽ പരിശീലന ക്ലാസ് ഉണ്ടായിരിക്കുന്നതാണ്.

◆ Weight Reduction Programme

Swimming, GYM, Steam bath

എന്നിവ സമന്വയിപ്പിച്ച്

Dietitian-ന്റെ മേൽനോട്ടത്തിൽ



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NEAR HOLYCROSS HOSPITAL KOTTIYAM, KOLLAM, KERALA PIN : 691571



First time in Kerala



FEEL BETTER, MOVE BETTER, BE BETTER.

Facilities :-

- ◆ Aquatic therapy
- ◆ Physio therapy
- ◆ Musculoskeletal/orthopaedic conditions
- ◆ Advanced Neuro Developmental Therapy
- ◆ Pain management
- ◆ Movement disorder Management
- ◆ Sports injury management
- ◆ Aquatic Lymphatic drainage
- ◆ Lifestyle disease & management
- ◆ Swimming pool
- ◆ GYM
- ◆ Steam Bath
- ◆ Speech therapy
- ◆ Home care



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Aquatherapy

Waves proudly introduces aquatic cycling, aqua treadmills and other facilities for the first time in

Kerala with international standards equipment and highly regarded aquatherapists to improve training and performance in the water for relaxation, fitness, physical rehabilitation and other (neuro, cardio, ortho, geriatric & pediatric) therapeutic benefits.



Aquatic Fitness

Aquatic exercise can help you to improve cardiac health, reduce stress and improve muscular endurance and strength.

It can be a great way to improve physical fitness in your life.

Aquatic Aerobics

Water aerobics is the performance of aerobic exercise in swimming pool. Done mostly vertically and without swimming typically in waist deep or deeper water. It is a type of resistance training.

Different forms of water aerobics includes: Aqua zumba, Water yoga, Aqua aerobics & aqua jog.



Physiotherapy

- Musculo skeletal & orthopaedic condition
- Pain management
- Chiropractic & osteopathic treatment
- Sports injury management
- Advanced neuro developmental therapy for adults & paediatrics
- Aqua lymphatic drainage
- Steam bath
- Lifestyle disease management
- Home care



Speech Therapy

Speech & language services in the langley school district are intended to help students with communication difficulties, to

be more successful academically and socially. The ability to communicate and socially. The ability to communicate is essential for personal, social and educational growth and affects all learning and interactions.

Specialities

- Speech delay
- Dysarthria
- Stuttering
- Uttering
- Aphasia
- Cognitive Communication
- Speech & language
- Voice & Fluency



Swimming Pool

- Facilitates swimming classes (with certificate) to adults & children under the supervision of experienced trainer.
- Course conducted on daily or monthly basis
- Exclusive family package on Sundays



GYM

- Weight reduction and weight gain programmes
- Special treatment for Joints & Orthopaedic disorders



Sports Injury Clinic

Sports Injury clinic under the multidisciplinary team of sports specialists, Massage Therapists and other medical experts with special knowledge to understand and treat the often complex nature of sports related injuries in an effective regular exercise and training.

