



## Hydrotherapy

*“Utilizing the benefits of water as a rehabilitation tool”*

### What is Hydrotherapy?

- Using water’s properties to aid the rehabilitation process through movement
- Programs are tailored to meet the client’s needs and abilities (use of resistance bands, flotation equipment and weights).
- One on one session with a trained therapist



- **Resistance**

- **What:** Water acts as an opposing force on the body (an alternative to weights) which:

- Helps avoid muscular overcompensation due to equal pressure applied to the body
- Muscle re-education as the body moves at a slower pace in the water allowing for more processing time

- **Hydrostatic pressure**

- **What:** Force exerted on the body by water which

- Decreases pain and swelling
- Increases circulation
- Provides a calming environment
- Strengthens the respiratory system

\*There is no movement required to benefit from hydrostatic pressure

### The Benefits of Water

- **Buoyancy**
  - **What:** Water provides the ability to feel lighter (weight can be decreased by up to 90%) which:
    - Supports weak muscles
    - Increases range of motion
    - Enhances flexibility
    - Develops core stability



## Benefits of Hydrotherapy

- Reduces joint pain
- Reduces muscle imbalance
- Improves balance and coordination
- Increases range of motion
- Increases flexibility, endurance and strength
- Increases relaxation
- Conditions and tones the body



## Coverage and Costs

**ICBC:** \$50 coverage/\$20 user fee with a doctor's note

**WCB:** Full Coverage with a doctor's note

**Private:** \$70/ 1hr session + Pool fee (punch cards, drop in fee, monthly pass available)

## Session Components

\*Assessments are included within the first session\*

- Warm-up
- Passive and active exercises
- Passive and active stretching

## Location

Hawthorn Pool (other options available)  
867 KLO Road

- 90-degree heated salt water pool
- Whirl pool and steam room

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We have developed transitional programs from water based exercises to land based exercises to facilitate a wide range of clients in reaching their optimal level of performance. The program has been extremely beneficial in helping individuals recover from a wide range of injuries from sports, motor vehicle accidents, work related and post surgical. Each program is tailored to help the client get back into the activities they enjoyed prior to the injury. Hydrotherapy increases range of motion and allowing the performance of certain exercises and movements which may not be possible on land. The sessions are one on one and each client receives a custom program to follow that is altered based on improvements.

### **Questions/ Bookings?**

Unsure where to start? Have more questions? Please do not hesitate to contact Antonia at [antonia@primekelowna.ca](mailto:antonia@primekelowna.ca) or call us at 778.484.4314/ Cell: 1.778.822.8575

## Classes

Antonia has been working on developing individual hydrotherapy programs for the last 4 years and has recently started hydrotherapy classes. These classes are composed of exercises to benefit those needing active rehabilitation for their hips and knees who are unsure of where to begin. Those who are looking to advance their overall fitness are also suitable for the classes, as they include a combination of cardiorespiratory, strength and flexibility.



The classes are 30 min each and are divided into two parts:

**Part 1** consists of introductory movements to help those start their active rehabilitation journey. The session includes gait training, proper movement education, balance work, flexibility of the lower extremities and basic strengthening exercises. We will be using the properties of the water as resistance and support to perform movements through full range of motion that could otherwise not be performed on land. BOOO GRAVITY!!

**Part 2** consists of more advanced movements for those who have been active for some time and need to continue progressing. The session includes more advanced balance training involving multiple muscle groups, cardiorespiratory training at a higher intensity, and strength training using added resistance such as bands, weights and other fitness equipment. The session will end with stretches

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targeting the hips and lower extremities to increase overall range of motion.

There are only 8-10 people in the class, so you can ensure your form will be corrected by a registered Kinesiologist. The classes are held on Tuesdays from 3:00pm to 3:30pm (PART 1) and 3:30pm to 4:00pm (PART 2). There are options for drop in fees (includes access to the pool, hot tub and sauna as well as 5, 10 and 20 class packages at discounted rates). We are hoping to expand and grow in the number of hydrotherapy classes we offer so stay tuned!

### Pricing for classes:

Drop in: \$15

5 class punch card: \$65

10 class punch card: \$120

20 class punch card: \$220



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## Testimonials :

I would like to comment on the progress I have made since working with my kinesiologist, Antonia. I suffered from epicondylitis or tennis elbow for over six months due to an exercise injury. This was a very frustrating injury for me as I am a guitar and piano player. I use sign language for my work as a speech pathologist and it significantly impacted my life. When I came to her I had tried everything: acupuncture, massage, chiropractic, physical therapy, rest and home exercise programs. Nothing seemed to help, and I was living on anti-inflammatories and pain pills just to get through the day without pain. My physiotherapist from PRIME suggested after only two sessions that I go and start work with Antonia in the pool for kinesiology. I noticed a big difference right away after two months of working with her. My upper body strength has increased significantly, and my elbow pain is almost completely gone!!! I can't say thank you enough!

- Deni Skutshek

I've been Antonia's client for over three months now. At first, we started mostly in the pool and eventually slowly integrated to land. Starting off doing hydrotherapy was very helpful since I am recovering from a broken foot, pelvis and a dislocated hip. The water helps support your body weight, which has helped me to try and get back my full range of motion as well as my strength, without over working my body. I am now on to dry land with her working on stability and strength. Being only 20 years old and new to town, I am so grateful to be working with someone who is as energetic and positive as Antonia. She has been a great support physically and mentally in my long recovery!

-Anonymous due to legal reasons

I cannot thank Antonia and the PRIME Physio team enough for their help and support on my journey to recovery from a serious car accident. Right from the start, Antonia has been understanding, diligent and

committed to helping me reach my goals of progression in rehabilitation. She adjusts my exercise regime as necessary to work around my flare-ups and setbacks, while still challenging me to continue moving forward. My therapy in the pool with Antonia helped me gain mobility in a safe environment, I can't thank her enough for what she's helped me achieve.

- Pam Ballantyne

My 12 year old daughter worked with Toni twice per week for several months. We love Toni! She is positive and supportive yet encouraged my daughter when necessary and in an appropriate manner. I watched my daughter gain strength and confidence. It was very positive for her to build a health-focused relationship with an adult in a mentoring position. And Toni is great to work with: we immediately felt connected to her and found her easy to communicate with. She is clearly passionate and knowledgeable about her field and has high ethical standards. We have been nothing but impressed.

I threw Toni into the fire when we first connected by asking her to host eight preteen girls on an adventure hike for a birthday party. Her reaction was, 'great, let's do it'. She is fearless and competent; she managed those girls from the moment she met them and corralled them through a great afternoon. This was nothing for her...just part of her day. But it made for a memorable day for the rambunctious girls and helped me immensely. I think Toni can probably handle pretty much anything thrown her way. She's amazing! And very good at what she does.

- Jill Veitch

I was referred to Antonia for kinesiology/hydrotherapy three months after a compound fracture to my femur (thigh bone), requiring surgical insertion of a metal rod. Starting exercises in the pool meant I was able to strengthen my leg before I was able to walk on it, ultimately leading to a speedier recovery. On transition to

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kinesiology on land Antonia continues to work with me to achieve my recovery goals.

-Anonymous due to legal reasons

Hydrotherapy with Kinesiologist, Antonia Rizea is the best thing I have ever done for my body! It is so much easier to move my stiff and injured parts in the water and, at the same time, the water provides beneficial resistance that feels great. I believe I have experienced quicker results with hydrotherapy and feel the positive difference after each session. I highly recommend both it and Antonia.

-Cathy Cook

I had an old ankle injury from my early twenties. I did not take care of a hair line fracture. A few years ago, it was discovered that my ankle to foot was bone on bone. Three pins later I needed physiotherapy.

Hydrotherapy helped me to strengthen my body, especially the ankle, without shock loads. The water really alleviated my body weight while exercising. I followed the program to a T, and in record time I was mobile once more. No pain, and no limp now, all due to my instructor's understanding of what had to be done to get me there. My sessions with my Kinesiologist, Toni Rizea, were instrumental in my speedy recovery process. Much appreciated.

-Les McFayden