



# ST. ANDREW'S VILLAGE

 A WATERMARK RETIREMENT COMMUNITY

## HYDROTHERAPY PROGRAM



## WHAT IS HYDROTHERAPY?

Hydrotherapy is a gentle, effective, water-based exercise program that includes stretching, balance, strengthening, range of motion and stabilization. Your body's natural buoyancy in water eases the pain of weight bearing on joints while the water provides resistance, making this form of therapy preferred for a variety of medical conditions, including fibromyalgia and rheumatoid arthritis.

## WATER'S EMBRACE

Water naturally exerts pressure on submerged areas of the body. This hydrostatic pressure increases body awareness and slows movement of the body through the water. The combination of increased physical awareness and slowed movement allows a body to steadily rebuild muscle memory and regain balance. Hydrostatic pressure also helps decrease swelling in joints and soft tissue resulting from injury or arthritis.

## HEALING WARMTH

Warm water relaxes muscles and increases blood flow into injured areas. Patients with muscle spasms, back pain or fibromyalgia all find this aspect of hydrotherapy relaxing and therapeutic.

As always discuss with your physician any concerns you may have prior to starting a hydrotherapy program.



The extraordinary benefits of Hydrotherapy are widely recognized and may be covered by Medicare A and Medicare B, depending on your situation. For more information, please contact Sean Cook, DPT at St. Andrew's Village.

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## LOCATION

St. Andrew's Village is nestled in the Denver suburb of Aurora, known for its neighborhood feel and close proximity to shopping, dining venues, and a wide variety of recreation and entertainment resources. The Heather Gardens Golf Course, a 9-hole golf course with lush fairways, elevated greens and well-positioned bunkers is located right across the street. For shopping, Town Center at Aurora Mall is located only 3 miles from the community and hosts over 150 stores. If you'd prefer the theater, the Aurora Fox Arts Center is just a short 15-minute drive and boasts a selection of Broadway-quality performances. Whether you're on community grounds or anywhere in the vicinity, you'll never run out of things to do.

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