

PROACTIVE PHYSIO PLUS

AQUATIC THERAPY

Heal. Move. Thrive. — In the Water.

Experience the healing power of water. Aquatic therapy combines the natural resistance and buoyancy of water with expert physiotherapy — reducing pain, rebuilding strength, and restoring movement safely and effectively.

WHY AQUATIC THERAPY?



Reduced Joint Stress

Buoyancy supports up to 90% of body weight, minimizing pain during movement.



Improved Mobility

Warm water relaxes muscles and increases range of motion.



Gentle Strengthening

Water resistance builds muscle without the strain of land-based exercise.



Enhanced Circulation

Hydrostatic pressure improves blood flow and reduces swelling.



Neurological Rehab

Sensory input from water supports balance, coordination, and motor recovery.



Pain Relief

Warm water soothes chronic pain and promotes natural relaxation.

IDEAL FOR

- ✔ Post-surgical recovery
- ✔ Neurological conditions
- ✔ Fibromyalgia
- ✔ Arthritis & joint pain
- ✔ Sports injuries
- ✔ Low back pain
- ✔ Chronic pain conditions
- ✔ Seniors & fall prevention
- ✔ Pre/post-natal care

YOUR SESSION



Duration

30–60 minutes, tailored to your needs



Assessment

Initial physiotherapy assessment included




Pool


Heated therapeutic pool — warm, private & accessible


Ready to Start Your Journey?

Spaces are limited — book your assessment today.

 **Call or visit us to book**

 1796 16th Street East, Owen Sound, ON

 519-371-7125



 www.proactivephysioplus.ca

Ask about direct billing options. Referral not required.

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