



## WE'RE HIRING!

### Our Team Is Growing!

We are hiring for all positions! If you are interested in working in a team environment, continuously learning, advancing your clinical skills and getting patients back to the activities they love, we encourage you to apply. Grow with a highly motivated team who are dedicated to the highest quality of patient care and to your success.

Scan this QR code with your smartphone's camera to go directly to our Careers page or visit:



<https://beyondlimitspt.com/join-our-team/>

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## FIND PAIN RELIEF WITH AQUATIC THERAPY

Are you dealing with chronic back pain or had recent surgery? Have you noticed that your arthritic knees seem to be getting more painful going up and down stairs? At Beyond Limits Physical Therapy, our team of therapists uses the healing properties of water to help our patients get relief and improve their function, so they can keep doing what they love!

Stiff, achy joints that don't work as well as they used to can make it hard to do your usual activities. Aquatic therapy is an excellent solution for people dealing with arthritis to help with exercising regularly while reducing the strain on their joints.

Aquatic therapy is also effective for people suffering from lower back pain. Whether you are dealing with an acute injury, recent surgery, or chronic persistent pain, in all cases, aquatic therapy can help!

Our physical therapists at Beyond Limits Physical Therapy will conduct an assessment to identify the factors causing your pain and limiting your function. We will use the information to develop an aquatic exercise program to help you alleviate your pain while improving your strength and overall function!

### What Is Aquatic Therapy?

Aquatic therapy is a form of physical therapy that uses the benefits of water as part of a therapeutic intervention. The inherent properties of water, including buoyancy, hydrostatic pressure, and natural resistance, makes aquatic-based exercises efficient and effective for achieving rehabilitation goals while maintaining or improving overall fitness.

Exercises are performed under the direction of a licensed physical therapist

trained to use the physical properties of water to assist in patient healing and exercise performance.

Our aquatic therapy programs are designed to improve your mobility, strength, postural awareness, coordination, and endurance. Your therapist will use the water's natural properties to create an exercise program that safely challenges you without provoking your pain.

For people with back pain, we sometimes use deep water to facilitate traction in the spinal joints and safely provide pain relief. Your therapist can also manipulate the exercise intensity level by adding a current to the water in different directions to assist the movement or to challenge movement. We will also use paddles, gloves, and noodles to increase the intensity of your exercises.

### How Aquatic Therapy Can Help Alleviate Pain

Water's natural properties set the stage for a therapeutic environment. Your therapist will start with a comprehensive evaluation and a movement assessment to identify all the factors contributing to your condition. Using this information, we will develop an individualized aquatic therapy program that includes targeted mobility work, pain relief techniques, strengthening, and other appropriate water-based techniques.

Buoyancy helps alleviate the pain associated with arthritis by providing a gentle decompression of the joints. Most degenerative conditions in the lower back and lower extremities feel relief from this decompression, allowing pain-free movement and exercise.

Water provides a safe environment for people with lower back pain (acute or chronic) or after back surgery to move while being supported. Only 20% of your weight is supported by your spine when you're in chest-deep water. This makes it much less painful and easier to exercise your back muscles.

In the deepwater part of our program, we focus on the core while the patient wears a flotation belt and holds weights. If necessary, modest spinal traction can relieve pressure between the vertebrae, which is common in the spine.

The benefits of aquatic therapy make it an effective way to implement exercise training to improve your function and help you get back to an active lifestyle. Water's buoyant properties help support you, leading to weight offloading and reducing pain in the affected joints. Buoyancy makes balance and gait work safer because any fall in the water is more effortless for a therapist to deal with.

## What to Expect at Your Aquatic Therapy Sessions

You will be evaluated at your initial physical therapy appointment, and we will discuss your treatment goals and plan of care. If your therapist determines that aquatic therapy will aid your recovery, they will recommend that your follow-up sessions take place in the water to direct each treatment session.

Aquatic physical therapy can benefit individuals with the most painful conditions, including arthritis, back pain, and post-operative conditions. All programs will be tailored to address your specific individual needs.

Typically, your session will start with a warm-up and progress into the exercises designed to address your particular injury or condition. Aquatic therapy provides a safe, comfortable, and therapeutic alternative to gain strength and reduce pain for patients who have difficulty exercising on land.

## Request an Appointment Today!

Contact Beyond Limits Physical Therapy today if you suffer from back pain or aches and pains from arthritis and want to learn more about aquatic

therapy. One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our aquatic therapy programs can help you find a pain-free way to exercise!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6314737/>  
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<https://dtpportfolios.web.unc.edu/wp-content/uploads/sites/2565/2022/04/Aquatic-intervention-for-Patients-with-LE-OA.pdf>  
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## HEALTHY RECIPE: WATERMELON CUCUMBER LIME REFRESHER

### Per each serving:

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Save the pulp to make pulp muffins!)

Source: [www.tasty.co/recipe/watermelon-cucumber-lime-juice](http://www.tasty.co/recipe/watermelon-cucumber-lime-juice)



# CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

HERRIMAN: (385) 446-2873 • EAGLE MOUNTAIN: (385) 446-3647 • SOUTH JORDAN: (385) 446-3659

# 5 POOL EXERCISES *for a* FULL-BODY WORKOUT

Looking for a break from your usual fitness routine? Dive into aquatic exercise! Exercising in water can provide a great full-body workout without some of the drawbacks of land-based exercises.

**1. Walk in water.** Walking in water is a good exercise to start off with as it helps you get a feeling for how you can create resistance. It targets your arms, core, and lower body. Keep your arms at your side, in the water, and move them as you walk. Engage your core and stand tall.

**2. Water arm lifts.** This exercise will help strengthen the muscles in your arms. Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.

**3. Lateral arm lifts.** This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

**4. Back wall glide.** This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.

**5. Leg kicks.** This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.

Water workouts are an effective way to boost your cardio fitness while strengthening your major muscle groups, but as with any new exercise program, always speak to your doctor first. The Beyond Limits physical therapists would be happy to meet with you to see if aquatic exercise is right for you!

<https://www.healthline.com/health/fitness-exercise/pool-exercises#pool-exercises-to-try>

## At-Home Exercise

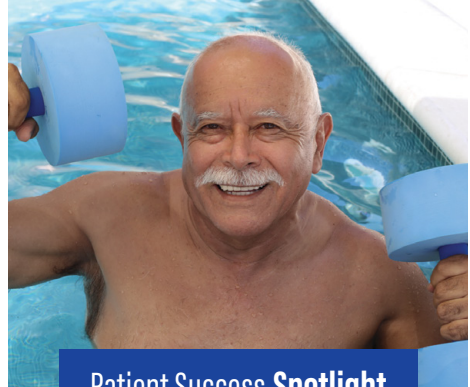
### SEATED EXTENDED HEEL PUMPS

#### STRETCHES ANKLE

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



*If you are not sure about how to do this exercise, please consult with your physical therapist before starting.*



## Patient Success Spotlight

**"I've been to a number of different physical therapy clinics over the years and Beyond Limits has been the best. Excellent care along with a pleasant and friendly atmosphere."**

**– Monty C.**

15 MINUTE PHYSICAL THERAPY  
**CONSULTATION**  
**FREE** **BIG DEAL**

*\* consultations do not involve a physical therapy evaluation or treatment.*

Suffering from aches and pains? Give us a call to schedule an appointment today!

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