Locations

Aquatic Therapy Program
Island Health Center
310 Taughannock Blvd.
Ithaca, NY 14850
(607) 252-3500

Physical Therapy
Island Health Center
310 Taughannock Blvd.
Ithaca, NY 14850
(607) 252-3500

Brentwood Physical Therapy
10 Brentwood Dr., Suite A
Ithaca, NY 14850
(607) 274-4159

Cortland Physical Therapy
1129 Commons Ave.
Cortland, NY 13052
(607) 252-3500
Aquatic Therapy Program

Our Aquatic Therapy Program offers an alternative form of rehabilitation and can be used in conjunction with other traditional outpatient therapies. The pool is an environment uniquely suited to facilitate the healing of neurological and musculoskeletal problems. With the buoyancy of water, people can exercise comfortably and become stronger while gaining mobility in their trunk and limbs. Aquatic therapy exercises are designed specifically to improve flexibility, balance, cardiovascular function, and strength.

Who is the program right for?
Aquatic therapy is prescribed for individuals with a variety of orthopedic conditions, disabilities, and therapeutic exercise needs, including:

- Arthritis
- Sports injury
- Overuse or repetitive motion injury
- Orthopedic surgery
- Back pain
- Hip, knee, and ankle pain
- Shoulder pain
- Neurological disorders, including stroke, multiple sclerosis, and Parkinson’s disease
- Bariatric care
- Prenatal exercise

Careful screening and program development by a physical therapist assures safe participation. Though aquatic therapy is not recommended for certain medical conditions, the vast majority of people can participate. Swimming experience is not necessary.

What are the benefits?

- Improved functional mobility: strength, flexibility, balance, and endurance
- Incremental progress toward your individual therapeutic goals
- The skills and knowledge to engage in an independent aquatic exercise program

Where is the service provided?
Our aqua therapy specialists treat patients in a state-of-the-art, heated, therapeutic pool at Island Health Center, located at the corner of Route 96 and Route 89 in Ithaca’s West End.

Does my insurance cover this?
If you qualify for skilled physical therapy treatment, most insurance plans do cover aquatic physical therapy services. Check with your insurance company or the benefits manager at your place of employment to see if your policy covers physical therapy services.

How do I get started?
Ask your therapist or doctor if the Aquatic Therapy Program is right for you. An initial physical therapy evaluation is required before beginning this program. Call (607) 252-3500 to schedule an appointment.