Aquatic Therapy

Water exercise is one of the safest and most effective forms of exercise. Aquatic therapy is a form of water exercise that aids patients in improving or relieving certain symptoms of diseases, disorders, or injuries.

Summa Health’s rehabilitative specialists are experts in aquatic therapy. Our state-of-the-art pool facilities enable us to provide the highest quality services to our patients. Our expertise can help you rehabilitate in a soothing, warm water environment that supports healing.

Summa Health offers four aquatic therapy locations:

**Summa Health Therapy**
**Anna Dean Professional Park**
28 Conservatory Dr, Suite A
Barberton, OH 44203
Phone: 330.615.5000
Fax: 330.848.3982

**Summa Health Therapy**
**Summa Health Wellness Center**
5625 Hudson Dr
Hudson OH 44236
Phone: 330.655.8070
Fax: 330.655.8079

**Summa Health Therapy**
**Wadsworth Community Center**
621 School Dr
Wadsworth, OH 44281
Phone: 330.334.0705
Fax: 330.334.0711

**Summa Health Spine and Neuroscience Center**
3378 West Market St, Suite B
Fairlawn, OH 44333
Phone: 330.576.3600
Fax: 234.312.2395
Aquatic therapy can benefit people with the following conditions:

- Arthritis/degenerative joint disease
- Fibromyalgia
- Industrial injuries
- Chronic back and neck pain
- Sports-related orthopedic injuries
- Hip/knee/shoulder injuries or post-operative
- Obesity
- Multiple sclerosis
- Post stroke and heart attack
- Motor vehicle accident injuries
- Prenatal/postpartum
- Neurological or musculoskeletal conditions

Benefits of aquatic therapy:

- Improved flexibility and range of motion
- Pain relief aided by muscle relaxation
- Increased muscle strength and tone
- Improved balance, coordination and posture
- Joint protection
- Functional retraining
- Decreased swelling
- Improved endurance
- Increased circulation

Program Specifics:

Anyone can participate in aquatic therapy, even individuals who do not know how to swim. Participants in Summa Health’s aquatic therapy will experience a customized rehabilitation program, designed to address their individual needs. Periodic reassessments help determine a participant’s progress toward therapy goals. Throughout the program, regular updates are provided to referring physicians.

All aquatic therapy treatment sessions in the Summa Health program are provided by licensed therapy personnel. Patients are encouraged to work at a comfortable pace throughout their program. Vital signs, such as pulse and blood pressure, may be monitored during each aquatic session when indicated.

Getting Started

If you would like to participate in Summa Health’s aquatic therapy program, a physician referral is needed. Most major insurance plans are accepted, including Medicare and Workers’ Compensation.

To schedule a convenient appointment, please call us at 330.379.8666.