

WATER EXERCISE FOR MULTIPLE SCLEROSIS

Aquatic exercise is enjoyed by people with MS as a low impact and fun way to exercise

Research has proven that “cool-pool” therapy has been successful for the treatment of individuals with Multiple Sclerosis.

Braintree Rehabilitation Hospital offers a cool-water exercise class geared to those with MS. Led by a certified instructor, our exercise program will consist of a warm-up, stretching, strengthening exercises, endurance, and cool-down or relaxation exercises. The pool is 86 degrees and has a chair lift (up to 350 pounds). Some of the focus will consist of the following:

REDUCE SPASTICITY

MAXIMIZE STRENGTH POTENTIAL

MAINTAIN OR INCREASE ENDURANCE POTENTIAL

MAINTAIN OR IMPROVE FLEXIBILITY OF JOINTS

PREVENT SYMPTOMS SECONDARY TO MS (muscle atrophy and joint contracture)



For additional information regarding cool-pool therapy
please call 781-348-2067

BRAINTREE
REHABILITATION HOSPITAL
A FIVE STAR ★ QUALITY CARE HOSPITAL

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