



A pool can be fun and it can also be good for you. Warm water in particular is one of the oldest forms of medicine. And there's good reason why spending time in warm water has stood the test of time. Research indicates warm water works wonders for all kinds of musculoskeletal conditions, including fibromyalgia, arthritis and low back pain.



Warm Water Benefits

You can find warm water therapy and rehabilitation at North Central Health Care's Wausau Campus. Patients, with appropriate physician referral, have access to aquatic programs in the therapeutic pool.

Generally, warm water:

- Reduces the force of gravity that compresses your joints
- Offers 360-degree support for sore limbs
- Increases circulation and decreases inflammation
- Gives resistance based on tolerance

Warm water can help you improve your range of motion, balance, strength and coordination, in addition, studies have also shown that warm water may help you reduce your pain medications.



The pool is the best form of exercise for me and my Multiple Sclerosis. Aquatic Physical Therapy has been very helpful for strengthening, and conditioning. My program was designed just for me by an encouraging staff.

~ Liz Fischer



The North Central Health Care pool has been invaluable to my patients, who suffer from various conditions, including back pain, arthritis, neurological injury and obesity. Many of them have not responded to traditional land-based therapy programs and find the pool environment extremely helpful. I also find the staff at the pool to be very knowledgeable and effective in treating and educating patients, so that many continue with their own treatment on their own, after formal sessions have concluded.



~ Mark Schuler, M.D., Marshfield Clinic

Many of our patients with various connective tissue disorders benefit from aquatic therapy at NCHC—it's the water's buoyancy that makes the exercise primarily non-weight bearing. Warm water therapy is the perfect exercise that patients with diseases such as degenerative arthritis, rheumatoid arthritis, and fibromyalgia (to name a few) can enjoy. The social aspect of group sessions is sometimes as therapeutic as the exercises. I have received great feedback from my patients who attend, and I am a big supporter of the warm water pool facility.



~ Vera Bocoun, M.D., Marshfield Clinic

Please visit our website at www.norcen.org for more information and to access the physician referral form.

North Central Health Care Wausau Campus Aquatic Services

Aquatic Physical Therapy: 715.848.4551
Community Aquatic Program: 715.848.4535
Fax: 715.841.5187

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Aquatic Services



Warm Water Therapy Can Work Wonders

Pool Facilities with Therapy and Access for Patients and Community



Aquatic Physical Therapy

Under the direction of a physician, North Central Health Care's licensed physical therapist devises a treatment plan using water as both a supporting, gravity-reducing environment and a conditioning medium. The therapist uses the buoyancy, hydrostatic pressure and warmth of the water to relax muscles, support submerged joints, and reduce or eliminate axial weight bearing, resulting in a reduction of pain. With the ability to "float" the patient, the therapist is also able to use positional and ranging techniques that are impossible on land. The therapist can also employ the density and viscosity of the water to provide proprioceptive input for gait and balance training without danger of impact injury from falling, and to introduce exercises to increase range of motion, strengthen muscles and improve cardiovascular conditioning.

Upon discharge, the therapist provides each patient with a self-directed exercise program for pool and home use.

Aquatic therapy patients also receive a self-directed exercise program for use at home that includes stretching, strengthening, and conditioning.



I used to think the pool was just for senior citizens. When I began aquatic physical therapy for degenerative disk disease in my back, I met many baby boomers who are using the pool therapeutically. Physical therapy in the pool helped me develop core strength and create spine stabilization, allowing me to effectively deal with my condition.

~ Sue Gebhardt

Patients who require assistance in the locker room or in the pool may bring an aide to accompany them free of charge.

Water Exercise Programs

Once you leave the therapy program, you may want to continue using the pool. You can enroll in one of the following exercise programs or use the pool independently during community or family swim hours. Please refer to posted pool schedule for dates and times for the following programs.

Aquatics for Arthritis Provides gentle range of motion exercises for the joints of the body, with some walking and "noodle" exercises.

Fitt Conducted at a more rigorous level than the arthritis program, participate at your own pace and be able to walk back and forth across the pool without assistance. Works on strengthening and endurance.

Open Fitt Unstructured for individuals with doctor referral, who will benefit from overall warm water exercise.

Open Family Fitt Unstructured for individuals with doctor referral to enjoy the warm water pool with their family. Children are welcome.

Frequently Asked Questions

Do I need a referral?

Yes. A doctor referral is required for all aquatic programs.

How warm is the pool?

Generally, the pool water is maintained at 90 degrees.

How deep is the pool?

Depth varies from three feet to five-and-a-half feet.

Do I need to know how to swim?

No. You do not need to know how to swim to take advantage of warm water therapy.

Is the facility handicap accessible?

The facility has handicapped-accessible locker rooms and a wheelchair ramp into the pool.



After my car accident, I was simply recovering. Now after Aquatic Therapy, and using the pool, I am finally healing. Aquatic Therapy has given my three kids their mom back. I owe the pool and my therapists everything.

~ Courtney Pfeifer



Wheelchairs



Easy Step Pool Access



Therapy Aids



Lockers



Showers



Wheelchair Pool Access



Therapy Tables



Pool Accessories