

Fibromyalgia & Hydrotherapy

the most effective and lasting treatment



"Warm water therapy is giving me a way to manage my Fibromyalgia. I'm having fewer spells of pain and it's not so intense. I can move better than I have before, and I have energy and the ability to live life better. I feel better about myself both mentally and physically, and am not so depressed. It's one of the best things I can do for myself."

— Peggy

Fibromyalgia is a chronic condition, characterized by widespread muscular pain and tenderness, symptoms of fatigue, and thinking and memory problems. Although the cause is unknown, it is thought to be due to changes in how the nervous system processes pain.

Besides pain and fatigue you may also experience:

- Irritable bowel or bladder syndrome
- Difficulty sleeping; waking unrefreshed
- Temporomandibular, jaw joint pain
- Numbness or tingling
- Muscle stiffness
- Headache
- Depression or Anxiety
- Abdominal pain or cramps

How can warm water hydrotherapy help?

Research shows warm water therapy & exercise programs are among the best treatment options for patients suffering from Fibromyalgia.* Therapy in this environment stimulates pain relief & improvement in the function of the heart, lungs, nerves, muscles, and joints.

Manage your symptoms through skilled aquatic physical therapy

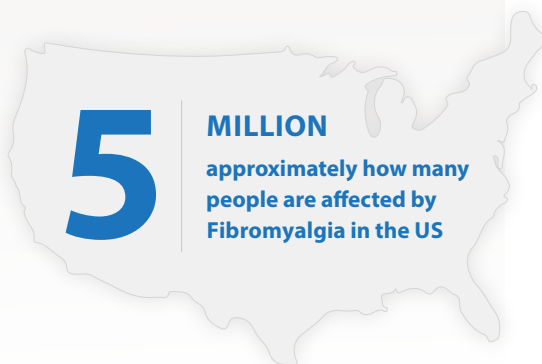
A Certified Aquatic Therapist performs specialized research-based treatments unknown to general physical therapists. Our APTA Certified Aquatic Therapist, Dr. Brian Terry, will develop an individualized exercise program tailored to each patient's symptoms to decrease pain and improve his or her function. In addition, he is trained in water specific manual therapy techniques to mobilize joints, improve movement mechanics, and desensitize pain.



Brian Terry, DPT, Director, CAPTCC Aquatic Physical Therapy Cert

Brian specializes in skilled aquatic therapy treatments and exercises including hands-on manual techniques. He also serves on the Board of Directors for the Academy of Aquatic Physical Therapy under the American Physical Therapy Association and teaches the aquatic physical therapy curriculum to students at the University of Utah. As clinician & director, he is dedicated to using evidence-based clinical expertise in a healing environment that enhances the function & fitness of every patient.

Sandy Physical Therapy & Aquatics is led by Brian Terry, DPT and board member of the Academy of Aquatic Physical Therapy. Contact us today at (801) 568-4203 to schedule a tour and a complimentary day pass to experience our 95° pool.



* Evick, Effectiveness of aquatic therapy in the treatment of Fibromyalgia syndrome, Rheumatol Int., 2008

* Gusi, Cost-Utility of an 8-month aquatic training for women with Fibromyalgia, Arthritis Res Ther, 2008

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PROUD MEMBER OF THE
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