

welcome welcome to Sandy Physical Therapy & Aquatics

At Sandy Physical Therapy & Aquatics, physical therapy is more than treatment and exercise; it is an experience tailored to the individual with the support of a community under a common and unifying goal to live a healthy life.

Using traditional physical therapy techniques in combination with unique treatments in our 95-degree, warm water pool, we take a professional and personal approach to providing physical therapy services in an environment that is both healing and welcoming.

MEET OUR *Clinic Director*



Brian Terry, DPT

APTA Certification for Aquatic Physical Therapy, Board Member, Academy of Aquatic Physical Therapy—American Physical Therapy Association

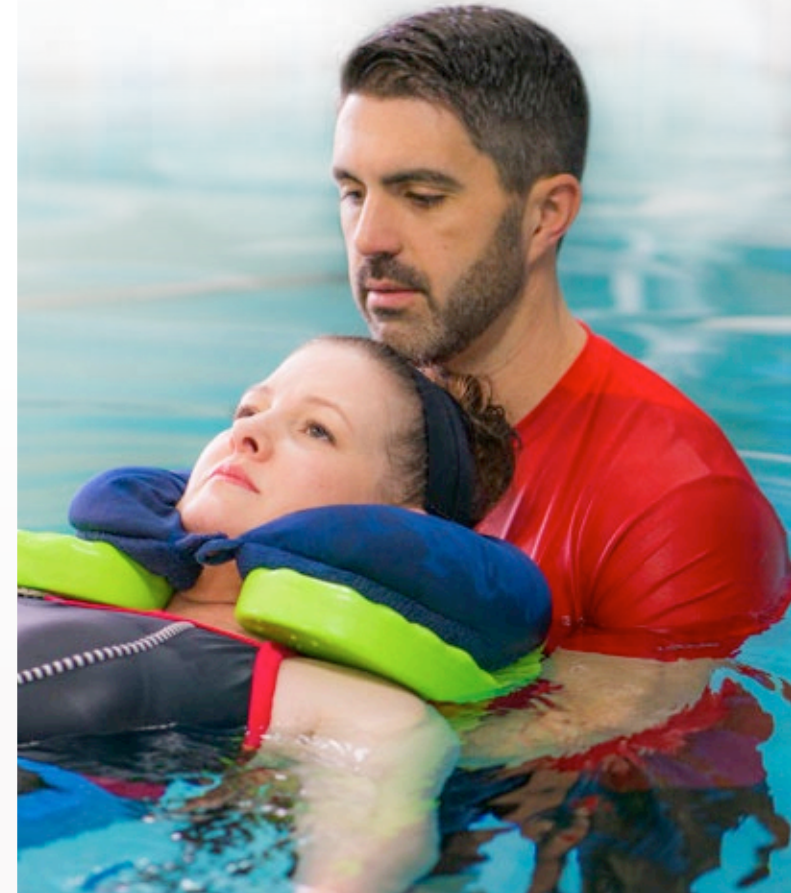
As clinic director, Brian uses his extensive aquatic education and experience to offer patients current, evidence-based aquatic therapy treatments that leverage the unique properties of warm water. Brian is actively involved in aquatic therapy education on a national level and teaches the aquatic curriculum to physical therapy students at the University of Utah.



Proud Members of the American Physical Therapy Association and the Academy of Aquatic Physical Therapy



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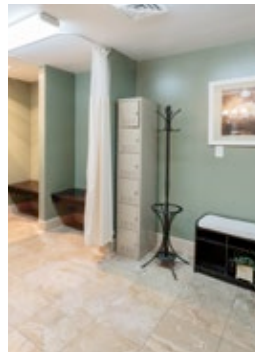


Schedule a tour and receive a complimentary day pass to access our 95-degree, therapeutic pool.

(801) 568-4203

SKILLED *Aquatic* THERAPY

Aquatic



HEATED
POOL AND
PRIVATE
LOCKERS

AQUATIC HEALTH
AND FITNESS
PROGRAMS



AQUATIC &
TRADITIONAL
PHYSICAL
THERAPY



Therapy

WHAT'S *Aquatic* THERAPY?

Aquatic physical therapy is the skilled practice of physical therapy in water. More than just a prescription of aquatic exercises, Aquatic PT also includes specialized treatments & manual techniques performed by a physical therapist in the water with the patient. Our unique knowledge, experience, and certifications in this area makes us stand out from any other aquatic therapy in Utah.

Why Aquatic Physical Therapy?

Warm water immersion and aquatic exercise have many benefits including:

- Pain relief
- Offloaded spine and joints
- Increased freedom of movement
- Graded resistance for strengthening
- Reduced stress hormones
- Enhanced cardiovascular efficiency
- Decreased blood pressure
- Improved mood, memory, and attention

Aquatic Fitness Programming

We also offer access to our pool for independent exercise and special aquatic classes to promote functional maintenance and fitness for graduated patients and the community.