



## **BALNEOTHERAPY**

Balneotherapy is a form of rehabilitation that takes place in the water. The pool water is at 32 °, for a depth of 1.20 / 1.40 m. A rehabilitation session in water lasts 45 minutes, with a physiotherapist specializing in this type of rehabilitation permanently at your side

Thanks to Archimedes' push, the body is lightened in the water. It is easier to move without hurting and without fear of injury. The stresses exerted on the joints are reduced. The water exercises help to recover the mobility of your joints (shoulders, back, hips ...). The range of motion improves, and the pain will gradually decrease.

The resistance offered by water also strengthens the muscles of the body. This resistance can be modulated through the use of accessories such as boards, foam tubes, fins, foam dumbbells, etc.

Water at 32 ° has the effect of facilitating muscle relaxation. In fact, when we are in pain, the muscles around the painful area tend to contract. The use of multiple air and water jets, performing a deep massage and reactivating circulation, facilitates this relaxation.