Health Benefits of Underwater Treadmill Exercise for Active Adults

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Purpose:
This study was conducted in order to assess the health benefits of hydrotherapy in active adults.

Method:
Fourteen adults, who already exercised three days a week, participated in the five week study. Each participant had a history of physical ailments. Participants exercised on a HydroWorx underwater treadmill two days a week for forty minutes performing both aerobic exercise and aquatic resistance training. Participants also took a quality of life survey that measured changes in flexibility, the ability to perform daily activities, energy levels, and overall sleep patterns.

Results:
Subjects expressed feeling better both physically and psychologically during the exercise period. Eleven reported decreased joint pain while seven reported better quality of sleep. The group average for flexibility improved about twenty percent after the test period.

Conclusion:
Hydrotherapy is a positive way to improve flexibility, sleep patterns, and reduce muscle and joint pain in middle-aged and older adults with a history of orthopedic limitations and discomfort.