

# HydroWorx Benefits in Active Aging Study

## Health Benefits of Underwater Treadmill Exercise for Active Adults



Amanda Desmond, Ashley Bayliss, Heather Jacobson, Hillary Hardy,  
Kristen Jarvey, and Don Bredle PhD

Department of Kinesiology, University of Wisconsin

### 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.



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