

**Long Island University
Center for Physical Rehabilitation**

Founded at Long Island University's Brooklyn Campus in 1996, the Long Island University Center for Physical Rehabilitation (LIUCPR) offers expert physical therapy, rehabilitation and personalized treatment delivered by caring professionals who are dedicated to the wellbeing of their patients.

At LIUCPR, we take a whole-body approach to address the source of physical problems as well as their symptoms. Whether to relieve pain, to assist in recovery from injury or surgery, or to address conditions related to chronic illness or other difficulties, our holistic treatment philosophy focuses on helping each patient to achieve optimal function.

Treatments are tailored to meet the goals of the patient, with one-on-one sessions that combine advanced, manual-therapy techniques and supervised therapeutic exercise. Our skilled physical therapists also have expertise in specialized treatment techniques that can be applied to address women's health issues such as pelvic pain and urinary incontinence. In addition, we offer wellness programs such as body-tuning assessment and ergonomic consultation.

Our spacious facilities include private treatment and evaluation rooms, a full-line of pilates-based equipment and a state-of-the-art therapeutic pool. A unique resource in the New York area, LIUCPR's therapeutic pool provides expanded treatment options for a broad range of physical conditions.

For more information, please call us at (718) 780-4531 or visit us at www.liuphysicaltherapy.com

**Hours of operation:
Monday thru Friday
7:30 a.m.-6:00 p.m.**

**All major medical plans and select
HMO/PPO plans accepted**



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BROOKLYN CAMPUS



AQUATIC PHYSICAL THERAPY



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What is aquatic physical therapy?

Aquatic physical therapy is a specialized treatment method that takes place in a safe and controlled water environment. With the close assistance of a specially trained physical therapist, aquatic physical therapy can be highly beneficial for improving function and relieving pain. The water is adjusted to a level appropriate for each patient, so it is not necessary to know how to swim in order to participate!

Aquatic physical therapy can benefit those affected by:

- Chronic illnesses such as arthritis or neurological disease
- Orthopedic surgeries
- Joint replacements
- Sports, dance or other musculoskeletal injuries
- Generalized muscle weakness



What makes aquatic physical therapy different from other conventional therapies?

The buoyancy property of water provides support to movement with less stress on joints and muscles. Water also can be used to create resistance for enhancing muscle strength, balance and endurance.



Depending on the individual's needs and goals, treatments may include:

- Range-of-motion exercises
- Strengthening, endurance and conditioning exercises
- Gait-training activities
- Core strengthening
- Agility training

Why Long Island University Center for Physical Rehabilitation for your physical therapy needs?

- A private location within the Campus' new Wellness, Recreation and Athletic Center
- A state-of-the-art HydroWorx® 2000, 8' x 16' therapeutic pool that features:
 - An underwater treadmill with video-monitoring capability
 - An elevating floor that allows for easy access and varied water levels
 - A body weight-support harness system
 - Adjustable temperature controls

