

Hydrokinetotherapy in musculoskeletal rehabilitation

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Abstract

Hydrokinetotherapy is a form of therapy which is based on physical properties of water and its effects upon the human body and uses methods of medical kinetology during immersion. The partial decrease of the effects of gravity, hydrostatic pressure, increased mechanical resistance and conduction, and turbulences create a special environment with physiological myoartrokinetics, respiratory and cardiovascular effects upon the immersed human body and those benefits can be used for therapeutic purposes. The programme is structured in steps according to the type and localization of the injury. The knowledge of indications, contraindications and precautions is crucial in making a therapeutic decision.

Keywords: water, musculoskeletal rehabilitation, locomotor system.