

AQUATIC TRAINING

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Have you ever thought about performing your sports training in the water? The water is a great tool for sport specific training. It allows you to increase strength, endurance, balance, coordination and cardiovascular strength all in one workout. The water also enhances muscular relaxation, increases circulation, and reduces compressive forces on the joints and tissue.

The skill components that one can work in the water are balance, agility (using different patterns of movements), coordination, visual acuity, speed, power and reaction time. All of these components can be addressed with the individuals sport specific skills. Any training drills you do on land can be implemented into the water.

The physical properties of water help in your training program that you perform. To allow increase in resistance you have to increase your speed of movement through the water. It also comes from the combined effect of gravity, buoyancy, viscosity, surface tension, turbulence and momentum. You can change your resistance through a movement pattern, according to the amount of force you generate at every joint angle.

If you are injured and are cleared for movement by your doctor, rehabilitating your injury in the water is an excellent option to hasten recovery time. In the water, you can simulate your sport movements (throwing, running, jumping, etc) in a gravity-reduced environment. Strength, range of motion and flexibility are key components that often return more quickly when performed initially in water.

Remember that the water has infinite combinations to offer when you are training for a sport. If you have any questions and need help creating a program, contact your high school athletic trainer or contact Southeastern Physical Therapy's Aquatic Center at 410-3157.