

## TRI-CITY WELLNESS & FITNESS CENTER'S HYDROWORX 2000

The only pool of its kind open to the public in all of Southern California. At Tri-City Medical Center, we're committed to improving the health and well-being of our community.

Under the guidance of Tri-City Medical Center's licensed physical therapists, patients recover from injury or surgery faster without the stress of traditional, land-based exercises. The HydroWorx 2000 uses the buoyancy and natural resistance of water to improve range of motion, strengthen muscles, improve balance, decrease pain levels, and let patients and athletes of all levels exercise at their own comfort levels.

The HydroWorx 2000 is located at the Tri-City Wellness & Fitness Center, a state-of-the-art, fully integrated health and fitness campus. We believe a healthy mind and body are essential to healthy living. That's why we approach health and fitness from a medical perspective.



[Tricitywellness.com/aquatics/hydroworx](http://Tricitywellness.com/aquatics/hydroworx)

## WHERE TO FIND US



### Tri-City Physical Rehabilitation Centers:

**TRI-CITY MEDICAL CENTER**  
4002 Vista Way  
Oceanside, CA 92056

**TRI-CITY WELLNESS & FITNESS CENTER**  
6250 El Camino Real  
Carlsbad, CA 92009

## HYDROWORX 2000

To learn more or schedule your aquatic therapy session contact the Physical Therapy Department at Tri-City Wellness & Fitness Center, **760.476.2900**

A physician's prescription is required for aquatic physical therapy.



Tri-City Wellness & Fitness Center  
6250 El Camino Real, Carlsbad, CA 92009  
[Tricitywellness.com/aquatics/hydroworx](http://Tricitywellness.com/aquatics/hydroworx)



## HYDROWORX 2000

THE FUTURE OF  
AQUATIC THERAPY



**Tri-City Medical Center**

# THE FUTURE OF AQUATIC PHYSICAL THERAPY IS RIGHT HERE IN NORTH COUNTY

The revolutionary HydroWorx 2000 aquatic therapy pool can provide truly amazing results for patients suffering from a wide range of diseases, injuries, and conditions including:

- Orthopedic and post-surgical rehabilitation
- Neurological disorders
- Chronic pain
- Arthritis
- Neck, shoulder, low back, knee or ankle injuries
- Rehabilitation following surgery
- Sports and work related injuries requiring rapid rehabilitation



## BACKED BY RESEARCH

Clinical studies have shown that patients improved their overall health and fitness in the HydroWorx 2000 without the joint trauma and “wear and tear” of working out on land. Four out of five subjects said they preferred exercising in the HydroWorx pool rather than on a land treadmill.\*

The HydroWorx 2000 has many distinct features that set it apart from standard therapy pools.

- Adjustable floor from 0' to 6' for easy patient access
- Variable water depth
- Removable support bars
- Large treatment area of 8' x 12' that can accommodate up to 4 people
- Resistance jets
- Underwater cameras and monitoring system

*\*Studies performed by Dr. Stephen Crouse, Texas A&M and Drs. W. Matthew Silvers and Dennis Dolny, University of Idaho.*

## A WORLD OF POSSIBILITIES

The HydroWorx 2000 opens a world of possibilities for patients who are unable to do traditional, land-based therapy. Water supports the body. It provides low or no impact resistance that helps patients improve mobility, strength, and function more rapidly than with traditional therapy alone.

## REHAB THE WAY PRO ATHLETES DO

Many professional athletes use the HydroWorx 2000 when injuries sideline them. Aquatic therapy enables patients to start the rehab process almost immediately since water provides a non-weight bearing environment.

