



# HydroTrack

The HydroTrack Underwater Treadmill System offers options that allow us to assist clients with a wide variety of physical capabilities, from athletes to the elderly. The treadmill speed varies from 0.3 to 7.1 mph and jets provide resistance training and massage.

Water provides resistance through a given range of motion in all planes of movement, providing hydrokinetic exercise. Because water is much more viscous than air, it is possible to prescribe therapeutic exercise at a relatively vigorous and intense level within a very protective environment.

## Rehabilitation

*Promotes normal gait sooner*

- Post-operative conditions
- Sports injuries
- Arthritis
- Limited weight-bearing status

*Facilitates treatment of conditions with limited tolerance to land-based exercises*

- Back pain
- Fibromyalgia

## Sports Performance Training

- Beginners to advanced runners
- Cross training for all sports
- Enhance overall fitness by improving cardiovascular conditioning
- Low impact on joints
- Increase muscle strength from resistance of water

## Did You Know?

Users of underwater treadmill vs. land-based treadmills:

- Burn more calories
- Gain more lean muscle mass
- Lose more body fat

PHYSICAL  
THERAPY  
AT St Luke's



# HydroTrack

*Used for training & rehabilitation by:*

New York Yankees  
Tampa Bay Rays  
St. Louis Cardinals  
Tampa Bay Buccaneers  
Miami Dolphins  
Kansas City Chiefs  
Miami Heat  
Dallas Mavericks  
US Olympic Training Facility  
Lake Placid, NY

1174 Illicks Mill Road, **BETHLEHEM**, PA 18017 **610-419-9755**

St. Luke's Bone & Joint Institute, 1534 Park Avenue, **QUAKERTOWN**, PA **267-424-8750**