

## Hidrokinestherapy for patient with RMD during COVID 19

During Covid 19, in addition of inability to get in touch with specialist, have problems also with physical activity, which is essential for to maintain joint mobility.

All various working groups created as a patient support, suddenly ceased to exist.

The only remain access allowed were thermal bath and rehabilitations pools.

Hydrokinestherapy seems to us an excellent alternative for many reasons. Most important one:

In Rheumatic diseases, it represent valid rehabilitation approach in the management of symptoms and the damage deriving from them.

The water facilitates movement, thank to the gravitational discharge in addition to analgesia produce by temperature of the water;

Is excellent also for musculoskeletal

system and had a relaxing and lymphatic draining effect due to the water and increase the range of movement.

On other same important is the possibility to working in group, well spaced, and been able to meet and confront and support each other at the time when isolation was suggested.

A totally beneficial activity for both:  
BODY and MIND

### Keywords:

HYDROKINESITHERAPY  
MOVEMENT/REHABILITATION  
ANTIDEPRESSION

